

ARK VOYAGE



News Letter of Don Bosco Animation & Research Kendra, New Delhi

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Captain Speaks...

NEW SKILLS-SET FOR THE PRACTICE OF THE NEW PEDAGOGY



~ ~ ~
“The ability to assume personal responsibility for the way one relates is developed by making the right choice from the many possibilities in a situation where you have no control over 10% of what happens in your life. The other 90% is determined by the choice you make.”
~ ~ ~

Relationship with the young is central to the practice of the New Pedagogy. Continuing the reflection on Relationship Skills let me review the skill I spoke about in the previous issue, namely, the skill of ‘Awareness of and understanding of self.’ Five areas could be identified in this process: learning from observation, learning from consequences, learning from family rules, learning from a gender role, and learning to feel worthwhile. The focus was on the awareness of how one learned many of the relationship skills noting one’s relationship skills resources (what one possesses), and deficits (what one does not yet have).

The second aspect of Relationship Skills is the ability to assume personal responsibility for the way one relates. It may be looked at from two perspectives: i. You are responsible for the way you relate; and ii. You can relate more effectively.

In this issue of ARK VOYAGE, I am focusing on **one’s personal responsibility for the way one relates.** Personal Responsibility is a positive concept whereby you are responsible for your well-being, and making your own choices that maximize your happiness and fulfillment.

Abraham Maslow, the American Psychologist, says that life is a series of two-sided choices. One side represented safety and being afraid; the other moving forward and growth. Your fears can act as barriers to your making the choices that serve you best. **Making the right choice from the many possibilities is a sign of exercising your freedom in a mature way.**

The important thing in the process of acquiring this skill is to become aware of your present strengths and deficits, and to work to shift the balance more in the direction of better skills for the future.

Speaking of the right choices in the relationship process, I am reminded of the **90/10 Principle presented by Stephen R. Covey.**

10% of life is made up of what happens to you. 90% of life is decided by how you react to it. We have no control over the 10% of what happens to us. A beautiful example is presented by him. You are having breakfast with your family. Your daughter knocks over a cup of coffee on your business shirt. You have no control over what has just happened. What happens next will be determined by how you react. Imagine you react in the following way.

☀ Captain Speaks...

You curse. You harshly scold your daughter for knocking the cup over. She breaks down in tears. After scolding her you turn to your wife and you criticize her for placing the cup too close to the edge of the table. A short verbal battle follows.



You storm upstairs and change your shirt. Back downstairs you find your daughter has been too busy crying to finish her breakfast and getting ready to go to school. She missed the bus. Your spouse must immediately leave for work. You rush to the car and drive your daughter to school. Because you are late, you drive 40 miles per hour in a 30 mph speed limit zone. After a 15 minute delay and throwing \$60.00 traffic fine away, you arrive at school. Your daughter runs into the school building without saying goodbye.

After arriving at the office 20 minutes late, you realize you forgot your briefcase. Your day has started terrible. As it continues it got worse and worse. You look forward to coming home. When you arrive home, you find a small wedge in your relationship with your wife and daughter. Why? Because you have reacted in the morning.

Why did you have a bad day? **A.** Did the coffee cause it? **B.** Did your daughter cause it? **C.** Did the policeman cause it? **D.** Did you cause it?

The Answer is **"D"**.

You had no control over what happened with the coffee. How you reacted in those 5 seconds is what caused your bad day.

Here is what you could have and should have happened.

Coffee splashes over you. Your daughter is about to cry. You gently say: "It is okay, honey, you just need to be more careful next time." Grabbing a towel you go upstairs and change your shirt. You grab your briefcase, and come back down in time to look through the window and see your child getting into the bus. She turns and waves. You arrive 5 minutes early cheerfully greet the staff.

Notice the difference? Two different scenarios. Both started the same way, but both ended different. Why? Because how you reacted. **You have no control over 10% of what happens in your life. The other 90% was determined by your reaction.**

The story sounds beautiful. But the practice is not easy. That is where the **developing of this skill in relationship – 'taking personal responsibility for the way you relate' - is important.**



Author: Stephen Covey

**Discover the 90/10 Principle
It will change your life**

(or at least, the way you react to situations)

Relationship skills involve feeling, thinking and acting. Taking responsibility for these skills also involves this triple focus:

- a) Responsibility for feelings can involve both the capacity to be in touch with your feelings and to regulate them where appropriate;
- b) Responsibility for thinking encompasses making the choices that diminish your engaging in self defeating thinking;
- c) Responsibility for acting entails developing the skills so that you actually communicate to others what you really intend.

Your success in relationship skills depends on your taking the responsibility for identifying, learning, practicing, and implementing the required skills.

- Fr. Joe Arimpoor, sdb

VOICE OF CHILDREN (VOC)



VOC 1 – World Vision, Gurgaon
Animators: Sophy, Mukesh, Bijaya, Abi & Rubina
23rd – 25th Jan, 2014
Total participants: 28

Unconditional Love and Accompaniment in VOC



Sharing their life experiences

VOC reached a new destination and started its Journey towards Wholeness with children from World Vision, Gurgaon. Although the VOC program is somewhat standardized, the participants in each program make the difference. The ARK team too has to be ready to face the new challenges that each group poses.

When 28 participants come they come with 28 different stories. Among these also there runs a common thread, that is, the Brokenness experienced by all in varying degrees.

The most powerful component of VOC is the accompaniment of these children by DB ARK team with great love and understanding, leading them from their *Brokenness* to *Wholeness*



A girl participant shares her life story through a photograph



Children choosing photos where they see themselves during an exercise called “Photo Language”



TOT - 1 – World Vision, Gurgaon
Animators: Fr. Joe Arimpoor, Sophy, and Bijaya
27th Jan, 2014
Total participants: 20



Fr. Joe and Sophy explaining to the childworkers how to identify the brokenness in children

TOT (Training of Trainers) is conducted after each VOC for the personnel who are working with the VOC participants. Although it was a one day program conducted by DB ARK for the staff and volunteers of World Vision, Gurgaon but it was also a learning experience for the animators. It is a **Win- Win** situation wherein we provide skills to the staff for dealing with the VOC participants. On the other hand, the staffs accompany us in the accompaniment of the VOC participants.

Youth Animation Program (YAP) ➡➡



Peace Club Convention, Kunjwani, Jammu
18th Jan. 2014
Participants: 300 students

&

Peace Club Convention, St. Francis School,
Amritsar, 31st Jan. 2014
Participants: 260 students

Resource Person: Mr. Mukesh George

DB ARK ANIMATES THE JALANDHAR DIOCESAN PEACE CONVENTION IN JAMMU & AMRITSAR

Inter-Personal Relationship (IPR) with the message “Communication, with compassion, can help us in Peace Building”, was the focus of the Peace Convention where five schools of Jalandhar Diocese participated.

Mr. Mukesh George, from DB ARK with his experience of animating youth in many schools was able to shed light on one of the common problems faced by the youth, namely, Conflict Management in interpersonal relationships.



Different school children put across the idea of Building Peace through role plays



A student shares the life example of conflicts during Group Discussion

The questions namely; “With whom do you share your relationship the best?” And “With whom would you like to improve your relationship?” the response showed conflicts in personal relationship. The emphasis was laid on the communication mostly, how do we communicate and break peace among ourselves, whereas the communication should help us to contribute to build peace.

A couple of problems discussed in the group pointed out the usual tendency in most of us is to become aggressive in order to get things done. People apparently obey us but we are contributing to violence. We also become submissive and suppress ourselves a lot with people and one day suppressed feelings explode, that also leads to violence.



Real life examples in day to-day life in families, schools, and with friends, made it clear for us that we go through different situations where we contribute to violence, knowingly or unknowingly. But we need to be assertive, so that we can be the instruments of peace in all the settings of life.

True Peace is the result of a Robust Dialogue which brings reality to the surface through Openness, Candour, and Informality.



SPSS Training for DB ARK Team at Department of Social Work Sacred Heart College, Tirupattur, 16th - 19th Jan 2014

DBARK RESEARCH TEAM SHARPENING THEIR "SAW" OF SPSS at TIRUPATTUR

In the month of December and January DBARK was very active in the process of data collection for a study on "The Impact of DB Tech Skilling Program". Since the inception of DB Tech in 2008, 82000 youth have been trained through the short term skilling program of three months each conducted throughout India. Of these trained youth 59738 (73%) have been placed on a job with a decent salary. Majority of the youth enrolled in this program were dropouts from school, who could not complete their primary or secondary education due to many reasons.



Rapt attention in Dr. Arockia Raj's session

Impact study may focus on:

- a) **Effectiveness** : have the goals been attained?
- b) **Efficiency** : what is the return on the investment?
- c) **Impacts**: what has happened as a consequence of the project outputs?
- d) **Additionality**: what has happened which would not have happened otherwise?
- e) **Relevance**: how imperfect are these impacts for all parties and audiences concerned?
- f) **Progress factors**: which factors have affected the progress of the projects?



Marina Thomas, DB ARK staff, Interviewing an employer of Matteo Café in Bangalore

An impact study is the research done on a certain topic to determine if a certain action had the expected effect.

To enhance the quality of this study, the research team was sent to the Department of Social Work at Sacred Heart College, Tirupattur to undergo an intensive training on SPSS (STATISTICAL PACKAGE FOR SOCIAL SCIENCES). The team got a rigorous training for 3 days by highly qualified and experienced professors of Sacred Heart College who have years of practical knowledge on the technical knowhow of SPSS.

The team of trainers included Dr. Christopher - HOD of the Social Work Department, Dr. Henry Rozario, and Dr. Arockia Raj. The professors were totally committed to the DBARK team revising the basics, and then leading them to advanced statistical tests in the process of purifying and understanding the data.

The study is in its progress towards completion.

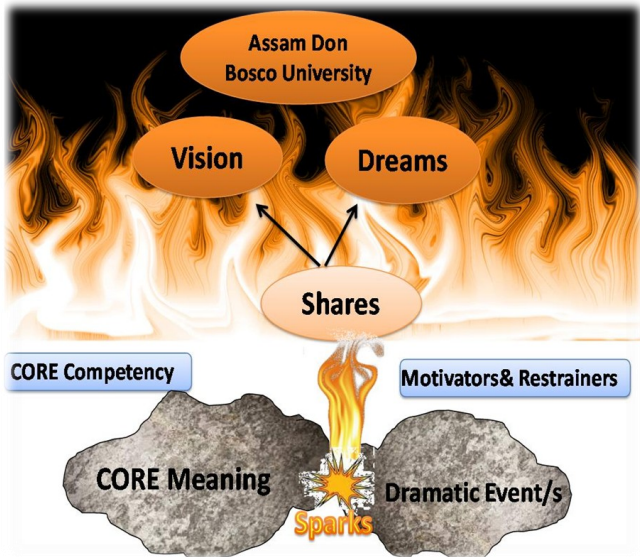
Special Events



Assam Don Bosco University Guwahati
 Faculty Improvement Program
 24th & 25th January 2014
 Participants: 85 University Staff
 Resource Person: Fr. Joe Arimpoor, sdb

Assam Don Bosco University with its Special Hallmark Towards a Unique University

The faculty Training program at Assam Don Bosco University this year focused on the uniqueness of this University. Fr. Joe Arimpoor, sdb, Director of DB Ark, New Delhi, the resource person for the seminar, challenged the participants to promote the unique academic leadership of the institute. The emphasis on value added programs for the faculty, senior administrators of the university, and through them all to the stakeholders is what will make the difference.



The Dreams and Visions of the Salesians of Guwahati Province gave rise to this University

The innovative programs being developed for the core group of the senior pioneers, the faculty, and the students will reap the fruits when the identity of ADBU becomes clearer. When this identity is well established its credibility will stand out. When identity and credibility are well formed it will inspire the leaders to introduce innovative and prophetic interventions which in turn will prove its uniqueness.

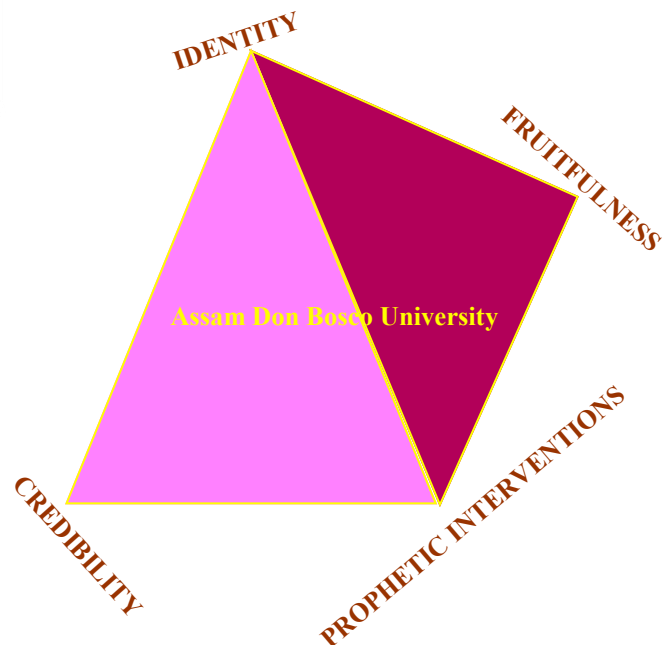


When ADBU continues its journey with this triangular integration of Identity, Credibility, and Prophetic Interventions, the fruitfulness will become evident.

Fr. Joe emphasized on the need for a powerful and effective Research and Development (R&D Department) in the field of education and other youth related topics.

The participants together with the resource person spent considerable time in clarifying the special Hallmark of Assam Don Bosco University.

Finally Fr. Joe presented the process where people's passion and purpose are ignited to create a new educational identity. When the core meaning of like minded people get confronted with dramatic events, sparks appear which are fanned into a flame and finally set on fire. Inspiration is the fuel that keeps the flame alive.



SPECIAL EVENTS



BVC Christmas Gathering @ DB ARK
26th January 2014
12 Volunteers and DB ARK Staff

CHRISTMAS CELEBRATION FOR DB ARK VOLUNTEERS

Christmas celebration is always popular among our DB ARK volunteers. They wait for it and being in December, which is the last month of the year, everybody wants to celebrate by coming together in order to conclude the year with pleasant, unforgettable memories.



Fr. Joe addresses the BVC members

The program was postponed towards the end of the month January 2014, due to unavailability of both; volunteers and the staff of DB ARK, since they were busy in a research work data collection.



“Bosco Volunteers at DB ARK undergo a formation that facilitates the discovery of

“Good News” in themselves. The joy of the awareness of the Good News in them is multiplied when they empower other young people to live the Good News.”

Fr. Joe Arimpoor, sdb



Utsav, DB ARK Volunteer, chooses his prize for Lucky Dip

The day brought the opportunity to know about Christmas festival and the story behind it. The awareness was created in the group by playing “Christmas Tambola”, while having cake and tea. Christmas tree was yet another attraction holding gifts for all gathered. Lucky dip added more gifts into each one’s lap, but more than gifts, everybody carried along the memories of a quality time spent together.



David (DB ARK Volunteer) got the “Rainbow” certificate as he completed the seven credits (210 hours of work)

SPECIAL EVENTS



Don Bosco's Feast at DB ARK
31st January, 2014

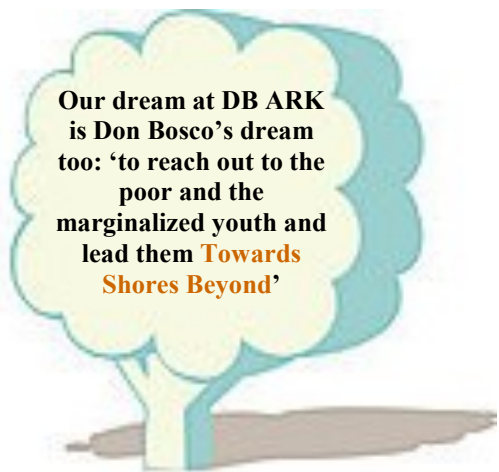
DB ARK Celebrates Don Bosco's Feast



Fr. Joe celebrates the Holy Mass with DB ARK team on the occasion of Don Bosco Feast

These were great days of celebrations and rejoicing for the Salesians of Don Bosco and the members of Don Bosco ARK as they celebrated the feast of Don Bosco. There was a special Mass for the team which was celebrated by Fr. Joe Arimpoor, Director. The Ark team made the celebrations lively and meaningful by their excellent singing. The homily preached by Fr Joe Arimpoor kept the Ark team in rapt attention when he mentioned that a young boy John Bosco at the age of 9 was open to the call of God to dedicate his whole life with generosity and profound love for the young and for souls.

The way he presented the life of Don Bosco from his childhood to his later years as a Priest and Founder of the Salesians and the Daughter of Mary help of Christians, made the Ark team to listen and reflect. The Mass was followed by sumptuous lunch which was enjoyed by Ark team with much humility.



DB ARK team at feast day lunch



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Towards shores beyond