

# ARK VOYAGE



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

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## Captain Speaks...

### *THE SKILL-SET REQUIRED FOR THE NEW PEDAGOGY*



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*“Getting in touch with one’s feelings, and knowing how to handle them proactively and constructively, are vital in the practice of the new pedagogy of Reason, Love, & God”*

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Continuing our reflections on the practice of the New Pedagogy, and the skill-set required for its effective practice, we have been dealing with the relationship skills that are so vital in this new approach, where there are no punishments and rewards. Instead the focus is on Reason, Love, and God.

While assuming personal responsibility for the way one relates is very significant, another important aspect is to get in touch with your feelings and handle them optimally.

To relate well with others, one has to relate to oneself first, especially to one’s feelings. Feelings may be one’s ‘physical sensation’, ‘emotions’, and ‘awareness’. We are capable of being conscious of our feelings. Responding to one’s feelings is a decision.

Why feelings are important in dealing with children and students?

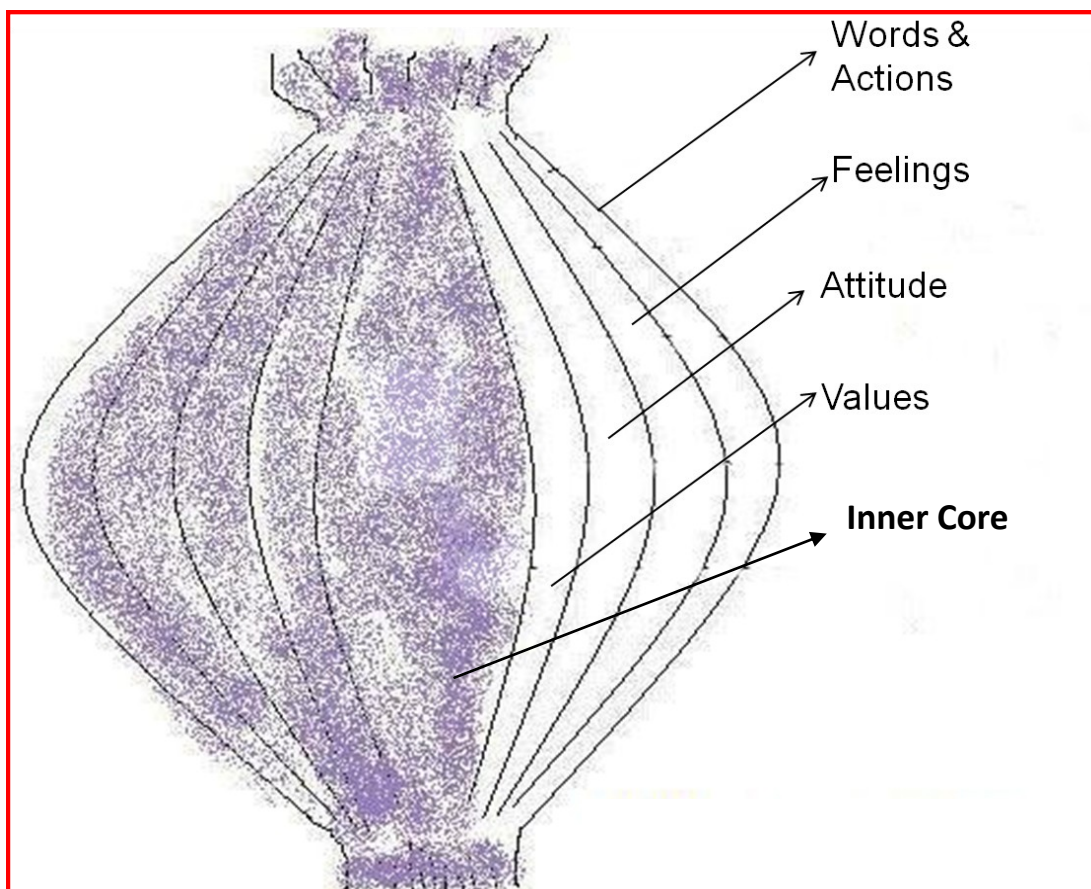
If you are in touch with your feelings, you are free to respond in fresh and creative ways. You have options to choose from. When you are truly in touch with your feelings, you are less likely to be reactive. You get in touch with your valuing process – you become Proactive, which means your response becomes value-based, and principle-centered.

When your power of imagination provides you with many possible options to respond to your feelings, there is an interplay between your feelings and self-awareness on the one side, and between your feelings and the power of your will to decide on the right response, on the other side. When good decisions are taken you make the most of your relationships.

*DB ARK is primarily an Animation Center. Animation for us means a Life Giving Process. The Master came down to give life to people, and life in its abundance. DB ARK follows just that.*

## ☀ Captain Speaks...

To **deny** or **repress** your feelings in dealing with your children and students will impoverish your relationship, which in turn, will affect your influence over them. Often when you repress your feelings, they express themselves in many a negative way. As we see in an advertisement for a cigarette lighter: "Press, it is lit; release it is out!"



## The Onion Concept of Self

Feelings and happiness are related. People are 'meaning seekers'. Happiness and fulfillment entail finding meaning in life. When one experiences a feeling of meaninglessness, she/he is unhappy. Meaninglessness brings in feelings of emptiness, apathy, and boredom. Most people find meaning in life through relationships. ***Quality of life, in fact, depends on the quality of relationships. And the quality of relationships depends on the quality of communication. And the quality of your communication depends greatly on the way you respond to your feelings.***

Relationship is a powerful tool in practicing the 'New Pedagogy' of Reason, Love, and God. When parents and teachers have happy and spontaneous relationships with the children and the students, and vice versa, both have a secure sense of their identity. Identity means that you are centered on your unique capacity for responding to life with your own feelings.

- Fr. Joe Arimpoor, sdb

# Youth Animation Program (YAP) ➡➡



Place: NMSS School, Burhanpur  
Date: 3<sup>rd</sup> to 8<sup>th</sup> February 2014  
Animators: Mukesh, Assise, Sophy, Mareena, Bijaya  
Total participants: 526 Students

## Students learn to relate better with friends and family

DB ARK again reaches out to youth to make an impact on their life, with the sole purpose of leading the students "Towards shores beyond". This time it was NMSS School, Burhanpur, which was celebrating its Golden Jubilee.

The session on 'Interpersonal Relationship and the Family' drove home a strong message to the students: "unless everyone contributes his or her share, the family does not grow."

It was encouraging to hear the remark of a student (girl) who said: "I never realized the great sacrifice my aunty made to take care of me and my education. She even sacrificed the possibility of her marriage. Now I want to show her my appreciation and gratitude."



Ms. Mareena Thomas motivates a student to integrate himself better in the family

We felt really proud when one of the parent Mr. SUNIL KUMAR JAGNANI wrote an appreciation letter stating that how the child beautifully explained the power of smile. How she intervened them when they were all crying for some personal issue and strengthened them.



Place: St. Mary's Convent School, Kasauli - HP.  
Date: 19<sup>th</sup> to 22<sup>nd</sup> Feb., 2014  
Animators: Mukesh, Bijay, Sophy and Assise  
Total participants: 254 Students

## Students eager to know themselves better

DB ARK has different teams that reach out to schools who want 'to rise to higher heights'. The team that focuses on students conducts YAP



Mr. Mukesh Shares the secret of understanding and enhancing oneself through the 'Onion concept'

(Youth Animation Programs). There are five packages of three days each, designed for the students of 8th, 9th, 10th, 11th and 12th standards.

Students are excited when they learn that they can improve their self esteem and self confidence .

At St. Mary's Convent School, Kasauli the first package of 3D program was conducted for classes 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> where total 254 students participated.

The 3D program covers:

- Discover**, b) **Develop**, c) **Deploy**—Self, Others and God.

At the end of the program the students took a pledge to do an ARK (Act of Random Kindness) a day.

They were excited when they heard: **"Do an ARK a day, and God will receive you with open arms to Eternal Bliss"**.

# ☀ Voice of Children (VOC) ➡➡



Place:: World Vision, Lajpat Nagar  
 Dates: 13<sup>th</sup> – 15<sup>th</sup> Feb, 2014  
 Animators: Sophy, Mukesh, Bijaya, Assise and Rubina  
 Total participants: 24 boys

## VOC 3 God Liberates me

DB ARK has developed VOC (Voice of Children), a Psycho- Spiritual tool to heal the “wounds” from traumatic experiences of children and to lead them from “**Brokenness to Wholeness** “. During VOC 1 and 2, through



Children raising rose flowers forgiving those who have hurt them

the various sessions, different activities and personal interviews, animators try to understand the brokenness experienced by a child. Thus each child goes through a process of healing. The healing process becomes more effective during VOC 3 where we seek the intervention of God.



An Inner Healing through God's Special Blessing



Children are happy with the experience of Inner Healing

Over the three days the child searches for God, and with each session they are able to experience God and come closer to Him. The children are able to understand that God is very loving and He forgives us. Due to this forgiveness they feel a sense of freedom and learn to forgive those who have hurt them. This in turn helps them to come out of the clutches of their traumatic experience.

### The seven Modules of VOC

#### VOC: I. “WHO AM I?”

Understand the past experiences of the child from the Family , Street / Work, and Agency perspectives and to assess the intensity of the ‘Brokenness’ they have experienced.



#### VOC II: “WHY AM I HERE?”

During this phase they are accompanied with adequate psychological support. The main message to them at this phase: “You have a dream, we are here for you.”

#### VOC III: “WHERE IS MY GOD?”

Develops a YaR Spirituality to complete the healing process.

#### VOC IV: “TELL ME WHY?”

Develops critical awareness to the Child Rights.



#### VOC V: “WHAT YOU WANT ME TO DO, LORD?”

Inspires the child to become an Agent of Child Rights .

#### VOC VI: “COME WITH ME ... TOWARDS SHORES BEYOND”

The YaR child becomes a Messenger of the ‘Good News’.



#### VOC VII: “TRANSFORMATIONAL LEADERS”

Having risen from brokenness to wholeness, and having experienced the Good News of Love, Justice, and Equality, these young people become transformational leaders.

# Churches' Council Enhancement Program



**Place:** Churches' Council for Child and Youth Care ( CCCYC ) , Bangalore  
**Dates:** 24th, 25th and 26th February 2014  
**Resource persons:** Dr. Joe, sdb & Ms. Sophy  
**Total participants:** 25



**Integration of Mastery and Mystery is the uniqueness of Fr. Joe's seminar**

CCCYC is set to rise to higher heights under the leadership of Mr. Solomon P. Benjamin. In the process of setting **SOP (Standard Operation Procedures)** a three-day workshop, from February 24<sup>th</sup> to 26<sup>th</sup>, 2014 was conducted by Rev. Dr. Joe Arimpoor, sdb, Director of Don Bosco Animation and Research Kendra ( DB ARK), New Delhi for the 17 staff of CCCYC and 8 Project Managers connected to CCCYC.

The main topics covered in this workshop were:

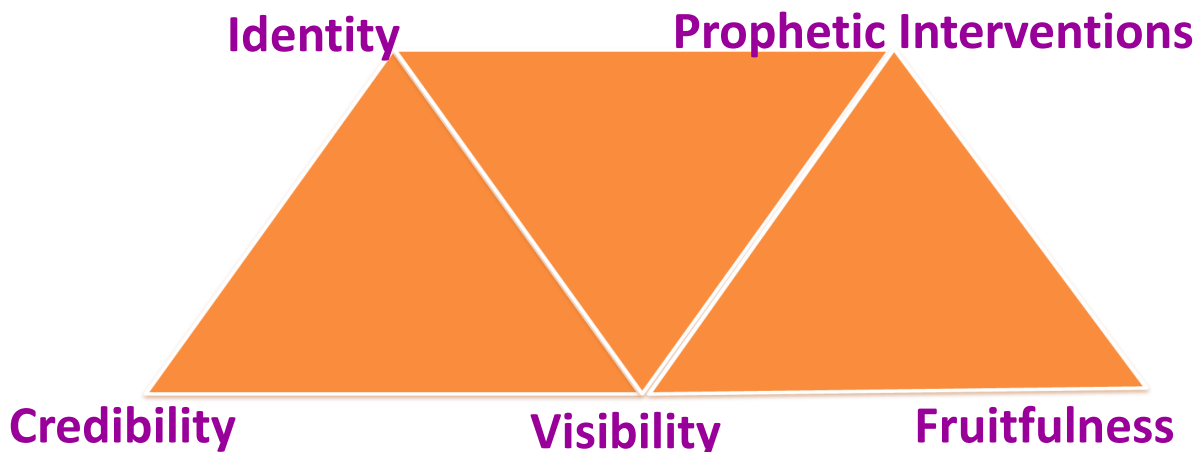
- a. **Closing the Execution Gap**, b. **Strategic Planning**,
- c. **Monitoring and Evaluation**, d. **Assessment of the Impact of the various Interventions**, and e. **Indicators of Success**.

Most of the participants rated very high appreciation for the session on Clarifying the Identity of CCCYC, taking steps to establish its Credibility, making it more Visible, ushering in Prophetic Interventions, and reaping its Fruitfulness.

The participants, in unison, remarked that periodic assessment of the impact of different interventions is a must to take CCCYC projects to higher heights. One of the participants summed up the novelty of this training program as follows:

*"What touched me most was your central theme of the finality of His Kingdom on earth and the futility of all the exercises and learning that we go through...all the skills about monitoring and blah, blah can be learnt and they are nothing if it doesn't contribute to the Furtherance of His Kingdom. Several examples made me think, references...inspired me.. clips amused and kindled me and I am now more serious about my involvement in the Masters' Job" ( Lazarus).*

## **TOWARDS HIGHER HEIGHTS MAKING CCCYC MORE FRUITFUL**



Fr. Joe believes strongly in integrating **Mastery** (Developments in Psychological Studies, Management Theories, Information Technology...) and **Mystery** (Inner Self of the Person, Spirit, God,...) in all the programs and projects. This dimension comes out forcefully in all his programs.

# PEP & TEP



Place: St. Mary's Convent School, Kasauli.  
 Dates: 21<sup>st</sup> to 22<sup>nd</sup> February, 2014  
 Resource persons: Fr. Joe & Mr. Mukesh  
 Total participants: 850 parents

## “How to accompany children today?”, Parents

DB ARK challenges the stakeholders of education to make education a Communitarian project. In the quest for quality, relevance, and updating the school, education needs to focus on **forming**, **training**, and **involving** the various stakeholders in education.

Most of the parents walked in to the hall with a feeling of helplessness in dealing with their children. When punishments were removed, and rewards are discouraged, they find a ‘vacuum’ in dealing with their children. Some of them felt that the only way was to leave the children to themselves and don't interfere. This **laissez-faire- approach** leads the young to confusion and deviant behaviors.



Mr. Mukesh echoes the words of Fr. Joe “Couple love is the greatest gift that parents can give to their children”

It is at this juncture DB ARK team presents a time-tested approach of a new pedagogy for our times where parents and teachers are invited to move from punishments and rewards to **Reason**, **Love**, and **God**. Under this system the children grow freely, and spontaneously, with a culture of discipline, and the awareness of the presence of God in their life.

Parents were eager to have a follow up of this program.



Place: St. Mary's Convent School, Kasauli.  
 Dates: 21<sup>st</sup> to 22<sup>nd</sup> February, 2014  
 Resource persons: Fr. Joe & Mr. Mukesh  
 Total participants: 27 teachers

## Move towards Whole-Person Paradigm in Education

There is a general awakening in all the Christian Schools across North India, that unless the Managements, Principals, and the Teachers wake up, and undergo a new Paradigm Shift and undergo corresponding changes in the field of Education, the excellence and the lead they had will be a bygone fact of the past.



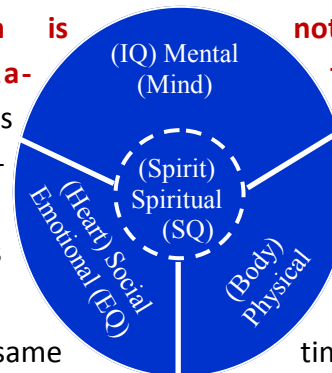
‘Education needs to be re invented’ says Fr. Joe Arimpoor.

He bases this urgency on the many research findings and the writings of authors like, Roger Sperry, Howard Gardner, Paulo Freire, Edward de Bono, and Stephen R Covey.

In the first place, **the teachers realized that the best contribution that they make in education is when they make a significant difference in the life of the students.** When the students realize that their mission in life, and pursue it with direction from God, then education reaches its culmination.

Fr. Joe is very emphatic in his presentations:

**“Education is not complete, until Evangelization takes place”.** His approach to education is very relevant religious in this multi-context of India.



At the same time it is a very genuine and convincing approach.

The teachers were unanimous in expressing the need to make education “HOLISTIC” where the Spirit inspires and animates the PQ, IQ, and EQ,.



# SPECIAL EVENTS

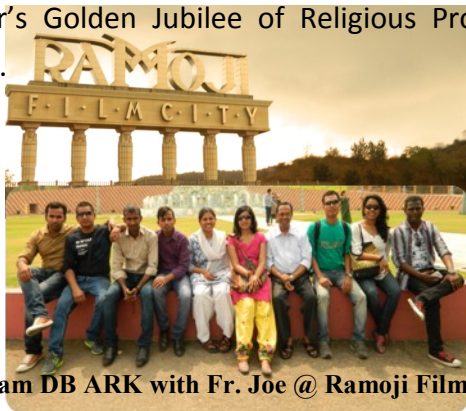


*Team Spirit and Team-building through Fun and Discoveries*

## ANNUAL PICNIC TO HYDERABAD

DB ARK has a well planned and designed staff development program. It consists of different aspects of building up a team. Basically they are of four types: Social, Professional, Spiritual, and Ministry oriented. Every three months there would be one activity of each type.

The annual picnic is one of the Social activities. This year the picnic was unique not only because it was to Hyderabad, a city with lot of opportunities for sight-seeing, but also, it was in honour of Fr. Joe Arimpoor's Golden Jubilee of Religious Profession.



Team DB ARK with Fr. Joe @ Ramoji Film City

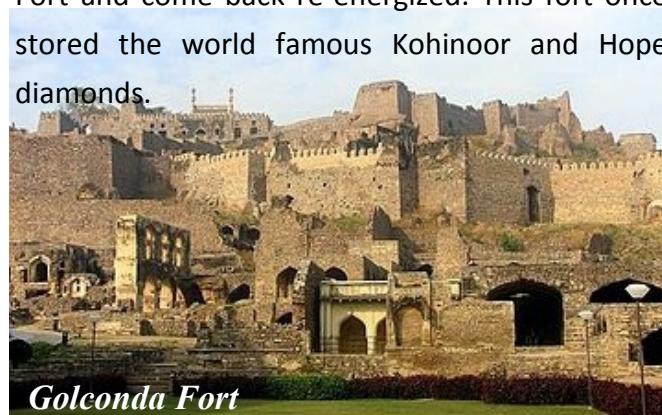
The **Ramoji Film City**, was the biggest attraction. The sprawling 2000 acre film city was set up by Ramoji Group in 1996. It has become the world's largest Film Studio Complex and has won Guinness World Record certificate. One felt naive when we saw the way some of the scenes in the films are shot. However, it was a very enriching experience. The Amusement Park attracted the team to give vent to their feelings and enjoy themselves.



Testing the warmth of the DB ARK Team with snow world temperature  $-5^{\circ}\text{C}$

For the first time, the team had an experience of a **SNOW WORLD**. Two hundred tonnes of artificial snow was laid on the flooring to give opportunities for all to play with the snow and enjoy themselves. The temperature inside is kept at -5 degrees. The visitors are provided with protective clothing. It was an exciting one hour of exploring the different facilities like, Snow Wars, Snow Play area, Snow Tube Slide, Sleigh slide, Merry-go-round, and an Ice-skating rink, and the snow fall.

The Sound and Light program at **Golconda Fort** took all of us back to the origins of the city of Hyderabad. The young team dared to run up the Fort and come back re-energized. This fort once stored the world famous Kohinoor and Hope diamonds.



*Golconda Fort*



The **Hope Diamond**, ("the King's Jewel"), is from Golconda Hyderabad, and is now housed in the Smithsonian Natural History Museum in Washington, D.C.



Kohinoor Diamond

The **Kohinoor Diamond** was cut into two pieces – while one part is placed in the Queen's crown, other part lies somewhere within the British treasury.



# SPECIAL EVENTS

Lumbini Park, hosts the **Statue of Buddha** with a



A 57.41 feet high Monolithic statue of Buddha

height of 17.5 meter made of monoliths where the visitors went by boat and had a close look. The **Laser Show** at Lumbini Park attracts thousands of people. The best part of the laser show is when the laser is used to create a 3D city of Hyderabad. There is also a **Musical Fountain** in which the water from the synchronized fountains is released in accordance with the tunes being played.



**Salar Jung Museum** is a unique museum. It is the collection of one single individual, Nawab Mir Yusuf Ali Khan Salar Jung III. It contains a collection of sculptures, paintings, carvings, textiles, manuscripts, ceramics, metallic artifacts, carpets, clocks, and furniture from Japan, China, Burma, Nepal, India, Persia, Egypt, Europe, and North America.

The musical clock Salar Jung bought from Cook and Kelvey of England. Every hour, a timekeeper emerges from the upper deck of the clock to strike a gong as many times as it is the hours of the day

**Birla Mandir and the Museum** – The team had heard of ‘Learn-by-Doing’ as well as ‘Learning, as a Joyful Experience’. This was the experience of the ARK Team at this museum – the science centre.

The Ark Team was hosted at **BIRDY, BOSCO INSTITUTE OF RESEARCH AND DEVELOPMENT FOR YOUTH**, where Fr. Joe Arimpoor worked for 12 years and brought it up to a national stature of training and research in youth ministry. The visits to Don Bosco centers in Hyderabad gave a special flavor to this picnic. The team felt very much at home when they visited the Don Bosco Nava Jeevan centre where they interacted with the street children undergoing training there. The visits to Don Bosco School and St. Teresa’s Parish became special with the wonderful welcome the team received. The team returned to Delhi with sweet memories of the great hospitality extended to them by Fr. K.T. Jose the Director of BIRDY and his team.



BIRDY at a glance

**Oasis– a place of God experience At BIRDY**



Oasis– a place of God experience At BIRDY



A growing statue of Don Bosco in grass who speaks to visitors in different languages at BIRDY



<http://dbARKnewdelhi.blogspot.com>



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Towards shores beyond

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