

# Ark VOYAGE



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

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## Captain Speaks...

### "STARTING AND DEVELOPING RELATIONSHIPS"



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"I have the choice of developing relationships with the young by spending time with them, being significantly present to them - an animating (life-giving) presence - and being open about my vulnerabilities and strengths, which of course, I will do prudently considering the age of the young, and the situation."

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Many parents and teachers spend a fortune on clothes, cosmetics, and beauty parlours to make themselves attractive. All these are done in view of starting and developing relationships. This is the next skill that parents and teachers need to develop in having a good relationship with the young in the **practice of the New Pedagogy of Reason, Love, and God**.

The beautiful mind of a Mentor – parents and teachers – is easily identified by the young, appreciated, and responded to. Don Bosco said more than a century ago, what Edward de Bono would say in the present decade: "Like what the young like and the young will like what you like". Edward de Bono would say: 'Appreciation begets appreciation'.



*Unless you take an initiative or respond to, relationship does not get started.*

You build up a good relationship with the young by the use of 'Good Finding', 'Positive Strokes', 'Compliments', and 'Appreciative Inquiry'. When you are able to identify the good in the young, they respond positively to you and your initiatives in building up a positive, warm, and responsive relationship.

Don Bosco would say: 'There is a **vulnerable spot for good in every young person**. If you can play that chord, the harmony you would produce in your relationship with the young will be beautiful'. Modern psychologists would call the 'vulnerable spot for good' as 'Senergy', which means the additional energy that will be released as a result of the extraordinary motivating factors.

## ☀ Captain Speaks...

Presence among the young - children and students – develops relationships. A parent or an educator can be present among the young in a significant way. **The quality of your presence enhances its significance.** When the parents and the educators are inspired by their unconditional love for the young, their presence becomes an 'Animating Presence', which means 'a life-giving presence'.



*Spending time together,  
and entering into each other's likes  
is an effective way of  
developing the relationships.*

The animating presence of the parents and the educators takes different forms. At times it is correctional, and at other times, it may be directional, appreciative, affirmative, encouraging, supportive, or growth oriented. In short, such a presence becomes an empowering presence, when the young discovers in themselves their God-given gifts and talents, and develop them.

In developing relationships, another significant factor is the acknowledgment of vulnerabilities and strengths in oneself. Some parents and educators try to present themselves in a positive light all the time. Such a presentation prevents transparency and compels them to wear masks. On the other hand the young feel unsafe in their relationship when only they seem to be vulnerable and make mistakes. Such a situation leads the young to be inhibited and remain closed. Feeling safe enough to acknowledge what you like about yourself and consider your strengths can also develop relationships. It is important to consider the timing, and balance of sharing your strengths.



*Confident expectation  
of trustworthy  
behavior*



*There is no fear  
of rejection, when trust  
level is High.*

In conclusion it may be said that **trust plays a vital role in building up relationships.** Trust means a firm belief in honesty and reliability of another. It implies a confident expectation of trustworthy behavior. Another way of looking at trust in personal relations centers around your fears of rejection. The young are more vulnerable in this area. The trust testing process is crucial for both the parents and the educators. The development of trust takes a different level as the children grow through adolescence.

- Fr. Joe Arimpoor, sdb





# Youth Animation program (YAP)



**Place:** All Saints' Convent School, New Tehri, U.K.

**Date:** 9<sup>th</sup> & 10<sup>th</sup> May 2014

**Participants:** 104 Students from 3 different schools

*Students discover themselves through spontaneous expressions in Group Activities*

How much our students need this type of programs is simply shown by the very responses of the participants in the form of sharing during the session and the feedback at the end.

Responses like; "I now believe that I am unique, so I should no longer be living a colorless life", "I realized now that I get angry very soon even with my parents. I have decided to reduce my anger", and "I am now confident enough to speak in front of an audience"



*Mr. Mukesh George challenges the young to live a proactive life*

Children are serene, cheerful and they are also blessed with many talents and "it's the job of the facilitator to find that 'vulnerable spot for good' in the young" as Don Bosco used to say. The very first song "tell me why" made them bring out the human element, the goodness in every human being.



*Children discover their natural talents in a Camp Fire*



*"Humpty-Dumpty" - an out-bound activity in Team Building*

Fun and spontaneous expressions are part of the life of the young. Keeping this factor in mind a campfire was arranged. If the students had more time to prepare it would have been more colorful. The two days program was a complete package of fun and learning together.



*Generating options to solve the problem*

Humpty-Dumpty (an outdoor group building activity) was conducted at the end of the program. The behavior patterns of the members emerged as they participated spontaneously in this activity. The analysis of this exercise revealed the way they used to behave in their daily life. The insights they received through this activity convinced them of the necessity to enhance their strengths, and eliminate their weaknesses for group life.

The students were very happy with the concluding message they received from a Power Point presentation on "Peacock in Full Flight". The Angelic message was that "We are unique, We are Wonderful, and We are His favored ones".



# Youth Animation program (YAP)



Date: 19<sup>th</sup> May – 30<sup>th</sup> May, 2014

Animators: Mukesh George, Mareena Thomas & Atul Leo Bara

School: St. Mary's School, Bijnor

Topics covered: Topics focusing on English speaking

## *In pursuit of 'Inherent Complexes'*

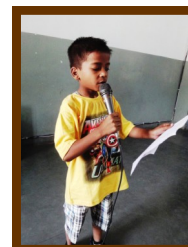
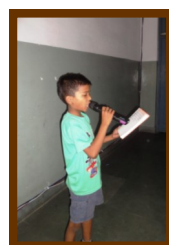
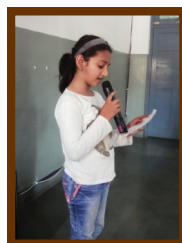


Children are born with all the God given gifts along the nine intelligences of MIT (Multiple Intelligence Theory of Howard Gardner). The challenge taken up by the Management and the Principal of St. Mary's School, Bijnor, UP was to identify and promote the Inherent Complexes (*Talents implanted by God in every Human being*).

Today education is going beyond IQ (Intelligence Quotient) focus. MIT approach of Howard Gardner is coming soon into the education arena. St. Mary's, Bijnor discovered that DB ARK Delhi is encouraging and inviting schools to join in the process of re-inventing education today.



This novel project was inaugurated on 19th May and lasted till 30th May. The search started with 250 children from 1st standard to 8th standard. *A 15 member team consisting of Arts and Crafts teachers, Dance and Music teachers, and resource persons for Communication, Out-bound exercises, and other creative and spontaneous activities were at the helm of this novel venture.*



Fr. Joe Arimpoor, sdb Director of DB ARK, in his concluding valedictory address remarked: "Traditional IQ based education of today writes off many a gifted-child, because they do not fit into the 'mould'. It is high time to venture on the process of 're-inventing education.' DB ARK is very happy to have played a significant role in this praiseworthy new initiative of St. Mary's of Bijnor.



*In fact, DB ARK, New Delhi is planning for a summer fest for a fortnight for the youth from different schools to Explore, to Discover, to Develop and learn to Deploy, their different God given talents.*



# Youth Animation program (YAP)



**Program:** Peace Convention  
**Place:** Carmel Convent School, Kinjvani, Jammu  
**Date:** 10/05/2014  
**Animators:** Ms. Mareena & Mr. Bijay



**Place:** World Vision ADP, South Delhi  
**Dates :** 29<sup>th</sup> to 31<sup>st</sup> May, 2014  
**Animators:** Ms. Sophy, Mr. Bijaya, Mr. Manish  
**Participants :** 30 youth

## A Win / Win approach to Peace

*Peace is lost when dominance and submission enter the arena.* Dominant people are sure that their ways are the only right ways, the best ways. The submissive group tolerates the aggressive behavior of the dominant people for a long time. Then conflict, insurgency, revolution, and rebellions breakout.



Ms. Mareena and Mr. Bijay, the resource persons from DB ARK, New Delhi proposed a Win / Win approach towards resolving conflicts. *Search for a third alternative demands a new mind-set: "Neither my way nor your way but our way is a super highway to Peace and Harmony".*

*The resource persons emphasized on the need for assertive training to the youth of today.* An assertive life does not provide room for aggressive or dominant behaviors which usually nurture conflicts and exploitation.



*Mr. Bijay Hembram and Ms. Mareena Thomas encouraged children to create a 'Peace Tree'*

## Hindi Youth Animation Program to the youth in the community

Fr. Joe Arimpoor says **"Education is Relationship"**, more than **Certification** and **Qualification**. To **Educate** someone is a challenging task for an educator. DBARK is providing qualitative programs for the children that *'they may have life and life in its fullness'*. A group of 30 children from the community of **Madan Pur Khadar** in Delhi experienced such a program conducted by **DB ARK**



*Ms. Sophy Philip invites the young to do an ARK (Act of Random Kindness) a day*

During the sharing session one of the girls said: "if I would have missed this program, then I would have missed Me, thanks that I met Myself today."

The interactive sessions with the animating presence of the resource persons helped the participants to understand themselves better and relate to their friends. They understood that the basis of genuine relationship with others is the 'Good News' present in every one.

At the end of three days the children decided they would share the 'Good News' in the communities both in Word and Deed. *They were impressed with the clarion call from DB ARK: "Do an ARK a day and God will receive you with open arms to Eternal Bliss".*





## YAP & RAP



**Venue:** St Francis School, Kotli, Punjab  
**Participants:** 9<sup>th</sup> & 10 Class – Total 86 Students  
**Animators:** Mukesh, Sophy & Assise  
**Date:** 5<sup>th</sup> & 6<sup>th</sup> May 2014

### *Discover the Good News in You and Others*

The youth animation program of DB ARK are so designed that they contribute their share to complete the education program of the school.

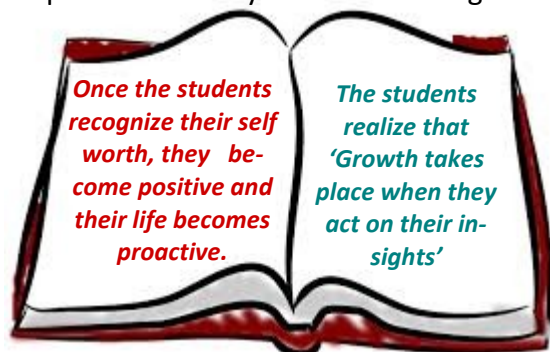
The five programs of three days each offered to the students of 8th to 12th standards are aimed at taking education towards the '*Whole-Person-Paradigm*'.

The first package of 3D program (Discover, Develop, Deploy—Self, Others, and God) focuses on facilitating the enhancement of their self esteem, on the one side, and building up Inter Personal relationship, on the other. *It gets culminated with the discovery of the 'Good News' in others and develop a culture of solidarity.*



*Mr. Mukesh George the resource person explains to the students how to discover the 'Good News' in others.*

The resource persons felt satisfied when the students shared with them the insights they got from their personal lives and the plans to act on their insights. They were convinced that 'Growth takes place when they act on their insights'.



**Program:** Religious Animation Program  
**Place:** URSULINES OF MARY IMMACULATE  
**PROVINCIAL COUNCIL ANIMATION (UMI)**  
**Greater Noida**  
**Animators:** Fr. Joe Arimpoor, sdb  
**Date:** 10<sup>th</sup> & 11<sup>th</sup> May, 2014

### *Towards a more effective Provincial Council*



*Fr. Joe focuses on the central tasks of the provincial council*

Fr. Joe Arimpoor, sdb animated the Provincial Council of Ursulines of Greater Noida for two days. Sr. Ritti, the Provincial remarked that her first term was successful to a great extent due to the animation given by Fr. Joe to the first team. Hence she was keen that this team too should have a similar experience.

The participants remarked that the best insights of the program were:

> The duty of the Provincial and her Council is to accompany every UMI Sister of the province towards her vocational fulfillment, and her self-actualization in the Congregation.

> To deepen the understanding of the UMI Charismatic gift that the Holy Spirit has endowed the Congregation with. We realize that this gift is very relevant to today's world. Hence every effort should be made to share it with all.

The team felt the need:

- To clarify the Identity of the UMI Charismatic Gift,
- To live the Charism more credibly,
- To make it more Visible through genuine witnessing,
- To introduce timely prophetic interventions,
- To bear the fruits that the Master will be looking for from this Tree of the UMIs.



# Teachers Enhancement Program (TEP)



**Place:** Vincent Pallotti School, Bangalore  
**Date:** MAY 26, 2014  
**Resource person:** Fr. Joe Arimpoor sdb  
**Participants:** 95 Teachers

## *In search of a New Pedagogy without Punishments and Rewards*

Good Schools are realizing today that 'slow and steady' may not win the race any more. But instead they need to get into a mind-set of "Fast and Consistent" will carry the day. This was expressed by the teachers at the end of the seminar conducted by Fr. Joe Arimpoor, sdb.

One teacher remarked: "If there is a system to motivate children and students without punishments and rewards, we want to learn more about it."

Another teacher: "I will never forget the 'AHAA!' Session. I got a few insights. Now I want to act upon them." A third teacher: "This is the best Seminar I have ever attended. I liked it. When will you come back Fr. Joe?"



*The humor of the resource person made a difference in the seminar*

*I was apprehensive of a full day seminar. We had a painful experience sometime ago. But this seminar was different. If seminars are of this type, we want more—Teachers' comment.*



**Place:** Vijayagiri Public School, Chalakudy, Kerala.  
**Date:** 19th & 20th May, 2014  
**Resource Person:** Fr. Joe Arimpoor, sdb  
**Participants:** 110 Teachers

## *Unless the Teachers are Evangelized, they can not be good Evangelizers*



*Committed teachers make a difference in the life of the students*

The focus of the Management of this School is to ensure that Education is 'Holistic'. While every effort is made to pursue good results and excellence in education, emphasis is on 'the Whole-Person Paradigm in Education.' The message is very powerfully conveyed to the students that Education is not complete unless and until they discover the 'Good News' implanted in them by God.

Fr. Joe Arimpoor echoed the same message when he reiterated that it is only when the students discover the 'Good News' in them, learn to live by it, and be courageous enough to share their experience of living the 'Good News' with others, only then the process of Education gets completed.

The teachers were challenged to take their School to greater heights:

By becoming a new brand of teachers who are up to date by living the new paradigm of a 'learning teacher' rather than a 'learned teacher'.

By getting themselves truly Evangelized, so that they can Evangelize the students too,

By being present to the students and animating them through 'A Word in the Ear Technique'.

By encouraging the students to do an ARK (Act of Random Kindness) a day.



# Voice of Children (VOC)



**Program & Place:** VOC 4, World Vision ADP, South Delhi

**Animators:** Sophy, Bijay, Rubina, Abi and Manish

**Participants:** 20 Children from Madhanpur Khadar and Godhampuri, Delhi

*Know your Rights! Live your Rights!!*



*Identifying violations of rights through Awareness Walk*

In today's changing times when the world is moving at a fast pace, the needs also keep changing. Along with the basic needs such as food, clothing and shelter, **Rights** are also becoming a basic need. And this becomes more prominent in the case of children who are most vulnerable to discrimination and abuse.

DB ARK moved ahead on its journey towards wholeness with 20 boys of World Vision ADP, South Delhi. These children have gone through a lot of negative experiences in their life, for which they went through a healing process during the first three modules of VOC. Now DB ARK reached VOC 4 where they were given the message, **"Wholeness is my Right"**. Further, we need to empower these children; and rights are the best means to do so. The children are made aware of their rights not just through theory but at a practical level by going for awareness walk, visiting a police station and so on.

Telling them about rights is not enough, more importantly they must know how to live their rights.



***PYYAR Movement attains greater significance through the launch of ARK (Act of Random Kindness) Revolution***

Love is too wonderful not to be expressed

***PY-YAR Movement is giving birth to ARK Revolution***

***Students are vying with one another to do an ark a day and create another world of love and concern.***

Love isn't love unless you express it!



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*Towards shores beyond*

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