

ARK VOYAGE



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

September 2014/ Vol.3 / Issue 9

Captain Speaks...

Anger and Stress create strained relationships



~~~~~  
*Anger can be a constructive emotion in my relationships. I need to become skilled at understanding when I am angry and to express it appropriately. I can also choose to regulate my anger through positive thinking.*  
~~~~~

Managing Anger and Stress is yet another skill in developing and deepening your relationship. In dealing with feelings, follow a few steps:

- i. Listen to your feelings*
- ii. Learn to express your feelings*
- iii. Manage your anger*
- iv. Get self mastery over your feelings*

Discipline your thinking and you can regulate your negative feelings. Our feelings emerge from attitude and values. Feelings often involve ill-will and hostility towards others, oneself, the environment, or any combination of these. At times, anger turns into hatred and resentment which affects relationship. However, anger is not always destructive. **Positive use of anger includes:**

- a. It may be a signal for yourself and others that something is wrong;**
- b. It may be an energizer leading to assertion**
- c. The release of angry feelings may purge an individual so that they may be more rational and positive.**

When anger is a signal, an energizer, and a purge, it can be constructive. When parents/ teachers and children/students develop an understanding about how and when to express anger in their relationships the possible destructive aspects are minimized.

Anger is a complex emotion. Often it gets combined with other emotions such as hurt, jealousy, fear, powerlessness, guilt, frustration, disappointment, and depression.

Learning to express anger positively and constructively is vital for good relationship. One of the best ways to express yourself is to **use the 'I-Statements'** and **avoid You-Statements** e.g. I feel helpless. I feel disappointed, I feel angry... when you come late.

Here you are expressing yourself through "I-statement". At the same time, avoid any type of aggression- physical violence, hurtful words, belittling, humiliating expressions,... indirectly- non cooperation.



Anger is a signal – that your rights have been violated, your needs aren't being met, you're compromising yourself in some way, an injustice has been done.



☀ Captain Speaks...

An important way of managing anger in a relationships can be to express it assertively. When feeling angry it is good to express it assertively, at the same time proactively. Often submissive behavior builds up pressure to burst into anger. On the other hand, when one is assertive, the pressure building up anger is reduced or nullified. Saying 'yes' when you really want to say 'No' is an example, unless you deliberately decide to say 'Yes' even when your desire was a 'No'. This 'Yes' may be prompted by an inspirational impetus.

Some practical tips to cope up with your anger:

- ☉ **Counting to ten-** this technique is used to get in touch with yourself and increase your awareness. It avoids impulsive, instant, reactive responses.
- ☉ **Regulate your breathing:** focusing on your breathing slowly and regularly may help you control your feelings of anger.
- ☉ **Reflecting Responding:** Listen! Develop alternatives. Choose better options than the immediate and reactive ones. **Make your choice value based/principle-centered.** In short, make it **proactive.**
- ☉ **Give the benefit of doubt - Think Positive:** If I were in the position of the other? If I am undergoing all the difficulties that the other is going through? I do not know his/her past experience from where this behavior is emerging.
- ☉ **Apologize** if you consider that you have wronged the other person even if the other party is your child, or your student.
- ☉ **Look for a third alternative:** May be neither party is right. Look for a third alternative. This would entail that you believe that you may not be right; neither may the other person be right. Hence you need to listen, reflect and search for a better solution.

You can turn the pain of anger into energy for change with five steps:



- ◆ Acknowledge your anger
- ◆ Identify its cause
- ◆ Determine what you can do
- ◆ Express your feelings judiciously
- ◆ Take Action

- Fr. Joe Arimpoor, sdb



Religious Animation Program (RAP)

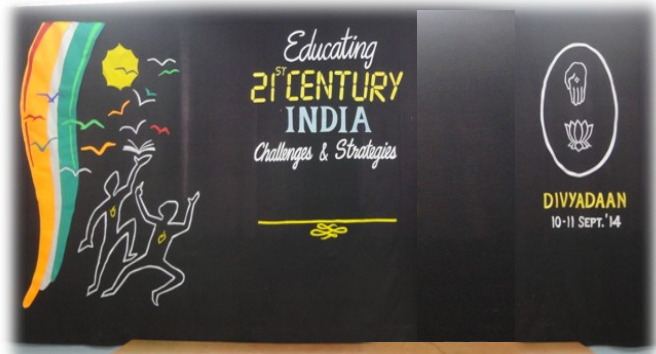


Place: Divyadaan – Nashik
 Bicentenary Special Seminar
 Resource Person: Fr. Joe Arimpoor, sdb
 Date: September 10 & 11, 2014
 Participants: 145-Salesians and Sisters

Bicentenary Special Seminar: 'Educating 21st Century'

If 'Education and Evangelization' is the focus of our Salesian Mission, then it is relevant to ask the question: 'Are we really Evangelizing through Education?'

Fr. Joe was able to integrate the fruits of modern educational theories, behavioral sciences and management approaches with the development of the concept of Evangelization, especially in the multi-religious context of India.



He looked at Don Bosco's Preventive system of Education in the modern context where punishments and rewards are considered not conducive for healthy growth of the young.



He presented Don Bosco's Educational system under the title of "A New Pedagogy for our times, where Reason, Love, and God are the three main foci". He also emphasized on 'Presence', 'A Word in the Ear' technique, 'Pastoral Approach', and 'Appreciative Inquiry.'

Most of the participants were preparing themselves to be effective Educators in the Don Bosco Way. Some of them remarked: 'We felt challenged to get into a **'Learning Teacher Mode'**'.



The participants discuss on the most significant challenge facing education today



'Bicentenary Seminar on Education', Fr. Joe Arimpoor—Resource Person

☀ Youth Animation Program (YAP)



Place: St. Xavier's Convent School
Kathwa –Jammu
Date: September 18 & 19, 2014.
Resource Persons: Mukesh, Sophy,
Arjumand and Manish
Participants: 150 Students.

*Low Self esteem is a problem not only for
the young, but for adults too.*

One of the teachers attending this youth program exclaimed, as the trainees were conducting the session on Self-Esteem: "I thought that, only the youth suffer from Low self-esteem. I identified many a behavior problem of the students to their low self-esteem. But when I went home and reflected **I realized that many of us adults also suffer from low self esteem.**



*Ms. Arjumand Shaheen: "Family is the home ground
where foundation is built for a true Interpersonal
Relationship."*

The sentence that struck me most from the presentation of one of the trainees was that, **'Comparisons are deadly. Do not be a victim of comparisons.** In future, you too do not compare. Each person is unique. God wants us to discover our uniqueness, and develop it, and use it for the purpose for which he has endowed you with.

I wish we had such animation programs when we were students.

The Ark Team wants to thank this teacher for her insightful sharing on our program.



Place: St. Thomas School, Pauri, UK
Date: September 24 & 25, 2014
Resource Persons: Mukesh, Sophy, Marina,
Nidhin & Arjumand
Participants: 255 Students

*'You have Touched Us,
Now We Will Grow'*

The students were very enthusiastic with the programme. The representative of the group remarked at the end of the programme: "This is the first time a senior gave us so much of personal attention. It was very interactive. The resource persons were young and so close to us. At the same time they gave us good principles to live by.

What we liked best was that they did not tell us to do or not to do. Instead **'they gave us stable and good points of references to review our behavior and set goals and targets'**. Finally the programme concluded by inviting and challenging us to develop effective strategies to grow. **"Indeed you have touched us, now we hope to grow"**.



*Mr. Mukesh gives orientation on the rationale of the
3D program.*

*Journey towards "Whole-Person Paradigm"
demands going beyond syllabus, exams, and
results.*

*If Certification refers to Results,
Qualification refers to Competency
corresponding to the certificate, and
Education refers to the Overall development
of the Person.*

Where does our present Education system stand?

YAP & TEP



All Saints School, New Tehari
Program: YAP– 3D
Date: September: 26 to 30, 2014
Recourses Persons: Bijoy, Mareena, Nithin Arjumand and Manish.
Participants: 280 Students

The Twin Objectives of the 3-D program

The Twin-Objectives of the 3.D program (Discover, Develop, Deploy—Self, Others and God) for the youth are first to understand and accept self and take steps to enhance one’s self-esteem; second, to understand the intricacies of interpersonal relationship, and to develop better love relationship with parents, siblings, and friends; it also helps to live a culture of solidarity.

The participants choose at the end of the program an area or two to focus their attention

developing their self-esteem, or to build up a better relationship at home and with friends.



Students exclaimed: “We will be better persons after this program”.

A personal love letter to oneself is such an inspiring and motivation exercise.



Students are enthusiastic giving compliments to one another.



St. James School (ADF)
Place: Shahid Nagar, Delhi
Date: September: 26 & 27, 2014
Resource Persons: Mukesh, Sophy and Fr. Joe Arimpoor
Participants: 35 Teachers

Why not Quality Training Programs in the Vernacular Medium Schools?

The appreciation of the seminar was expressed by the teachers in glowing terms. They stated that **such quality, and in depth training program was not common in their school.** Quality trainers do not reach such schools in the capital city when they are in the vernacular medium, and more especially, when the students are from economically poor background.



The Teachers of St. James School of ADF Organization with the school authorities (Mr. & Mrs. Chetty) and the Resource Team

The need for ‘A New Pedagogy for our times’ was expressed emphatically by the teachers. They feel helpless when punishments of all kinds – physical, verbal, or other humiliating ways are removed, and no other alternative method is proposed.

The management of St. James School took the timely initiative to invite the DB ARK team to provide an alternative approach in dealing with young. **A series of training programs, both seminars and workshops are planned to help the teachers to acquire a new mind-set and a corresponding new skill-set to usher in the new pedagogical method that replace punishment and rewards with Reason, Love, and God.**



Teachers Enhancement Program (TEP)



Sacred Heart Convent School & St. Joseph High School, Beas - Punjab
Date: September 17 & 18, 2014
Resource Persons: Fr. Joe & Mareena
Participants: 110 Teachers

'Culture of Vocation' in a school

The seminar gave a new insight to the teachers: *"The culmination, and the crowning activity of our educational ministry in our Christian Schools is that the educators accompany the educands in the process of the discovery of their vocation in life, and plan to move forward to fulfill it their lives"*.

The students realize the great gift that God is offering them when they are invited, in a particular way, to cooperate with Him, in the process of ushering in the Kingdom of God in this world, and in their lives.

They become aware of the 'Joy of the Good News' and live it in their lives. They imbibe the values of the 'Good News' and live it. They learn that this experience has to be further enhanced by sharing it with others in the service of the fullness of life for everyone, especially for the more disadvantaged and the marginalized.

When **educators become champions in the process of promoting a 'culture of vocation' in a school**, they are showing the seeds of a 'New Society' - The Kingdom of God.

The teachers realize, through an exercise, that unless one sees the vision, one doesn't pursue it.



The students, in turn, overcome their individualistic, consumerist, relativist mentality that focus on selfish goals. **Vocational discernment helps the young people to discover 'God's gift' in their lives, and treasure it.**



Christian Brothers
St. John's School, Chandigarh
Date: September: 29 & 30, 2014
Participants: 10 Brothers

High time that we share our Charism with the lay

The CHRISTIAN BROTHERS were convinced and emphatic on sharing their Charism with the lay people. They had already taken bold steps by sharing their responsibilities with the lay.



The Brothers are seriously discussing on 'How to develop well formed lay collaborators, who can share significant responsibilities with them.'

There are already about 50% of the principals of their schools who are lay.

However, **an insightful awareness created during this seminar was that the lay team needs to be well-informed, and well-formed into the mission of Education in the Catholic Church, and the Christian Brothers.** Another aspect that needs to be considered is that it should be a gradual process of sharing responsibilities in a graded manner.

The participants felt **the need to develop a Formation Manual, and a Training Team** to carry out this project of preparing the lay people to take up significant responsibilities in their mission. A starting point may be a well-designed, and well-developed Induction Program for all the staff in their institutions.

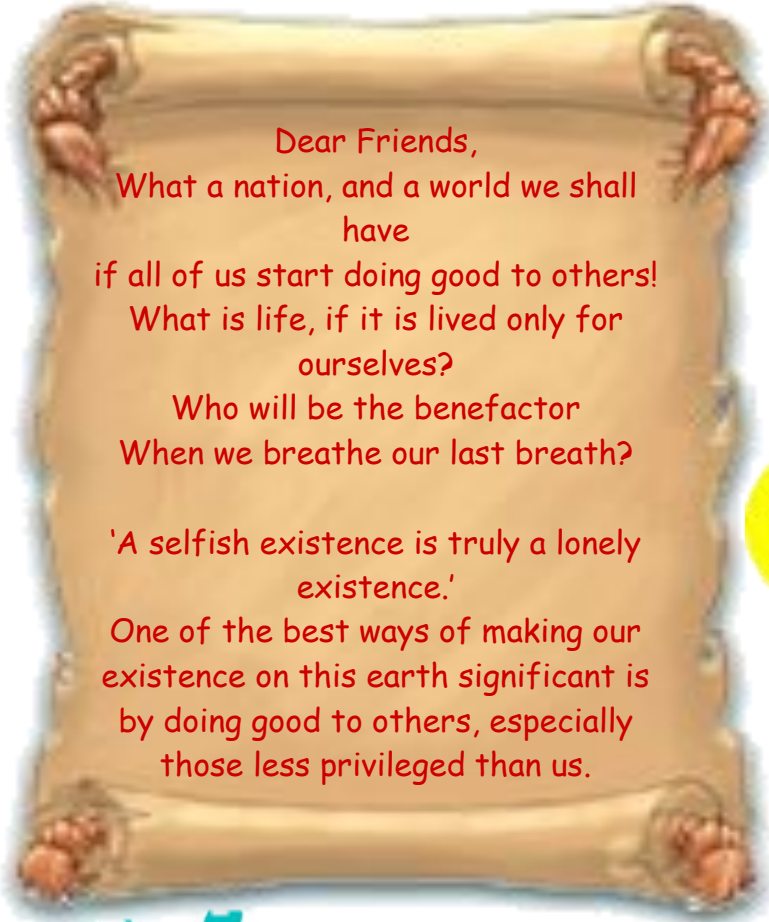


Do An ARK a Day (DAAD)



Join the "DAAD REVOLUTION"
and make the world/our country a better place to live in!

*Do An ARK a Day (DAAD)
and
God will receive you with open arms
to Eternal Bliss !"*



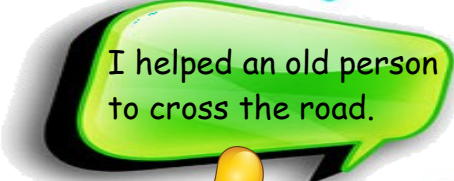
What is an ARK?



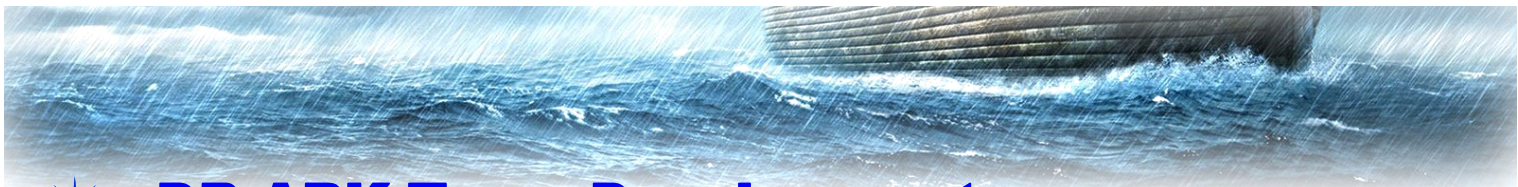
A helping hand!



1. Start thinking well of others;
2. Speak well of others;
3. Do an ARK a day.



Make 'ARK' a Way of Life !



DB ARK Team Development



Don Bosco ARK Team Development Program
Place: DB ARK, New Delhi
Dates: 22nd September, 2014 onwards
Participants: 14 DB ARK Staff



A Learning Organization



The ability to learn about learning and develop the learning process is the critical issue of the 21st century.

DB ARK is set to cope with the rapidly changing educational and youth scenarios in the country.

Some of the staff training modules are developed based on the critical analysis of the changing scenarios and the current interventions being used and the insights received there from.

Fr. Joe, being a trainer of trainers, takes the major responsibility in this process. However, since the senior team leaders are qualified and competent, they also contribute their share.

The modules include:

- ☀ **Learning of English** – It focuses on the seven skills: Micro and Macro
- ☀ **Living By Objectives**—Management by Values
- ☀ **Learning Organization**
- ☀ **Group Dynamics and Management Games**



ARK Team members seriously engaged in Tower Building Exercise

On the one side these training modules are aimed at enhancing the quality of the animators from the perspective of an integrated person, and on the other hand they focus on the relevant skills and techniques required to become more effective and powerful.



Ms. Sophy testing out Operating Systems presented by the resource person

DB ARK team is determined to rise to higher heights, responding to the challenges that the young pose to the educators and the parents.

Published by

DON BOSCO ANIMATION & RESEARCH KENDRA

Provincial House,
Okhla, Jamianagar,
New Delhi-110 025

Ph:+91 -9212475683/9868175683,
donboscoark@gmail.com
joearimpoor@gmail.com

 <http://dbARKnewdelhi.blogspot.com>

 Find us on Facebook

Search for "DON BOSCO ARK"



Towards shores beyond