

# ARK VOYAGE



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

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## Captain Speaks...

### SUMMING UP THE FOUR PRACTICES /SKILLS of LQC



To practice LQC successfully one needs to change one's habitual way of thinking and communicating.

In the process of understanding and practicing the 'New Pedagogy', where Reason, Love and God replace punishments and rewards, **it is very important that the parents and the teachers acquire the appropriate skills necessary to be effective in its practice.** There is also a shift from 'Discipline' to a 'Culture of Discipline'. Discipline would mean the external control of the behavior of others, here more specifically of the children and students. Instead, Culture of Discipline would mean forming convictions through a valuing process where appropriate points of reference are proposed.

The best points of reference emerge from the "Good News" that is implanted in every human being by God Himself. It is revealed more clearly in the various Scriptures. As immediate models, we have the saints in every religion who have practiced the "Good News" to a heroic degree.

Initially, I have been presenting, in the 'Captain Speaks' series the concepts, principles, and values of the New Pedagogy. I also spoke of the importance and the need of moving from punishments and rewards to Reason, Love, and God in accompanying, forming, and educating children and students. Then I moved on to a few series of 'Captain Speaks', where I started presenting the various skills required in practicing this New Pedagogy. The new mind-set and the new skill-set have to go hand in hand.

Few series of the 'Captain Speaks' on the skill-set focused on the relationship skills. Then I moved on to the skills required to practice the LQC (Loving Quality Communication).

**In this present issue, I like to sum up the four practices/ skills that are essential to practice and live the L.Q.C.** The foundation / the basis of L.Q.C. may be understood from two perspectives. One is from a human and psychological perspective, and the other is from a spiritual perspective.

**From the human and psychological perspective,** one learns to stand on one's own feet and go to the centre of one's life. It frees one from the opinion of others. It helps one to pass peace to others, and make peace with oneself.

## Captain Speaks...(Contd.)

It even makes one responsible for one's own feelings and plans. One realizes that one needs his/her own autonomy. Then living a life of truth becomes a way of life. Honesty in relationship becomes very important and significant. **From a spirituality perspective, LQC is based on Love, which is the core of the 'Good News'.** 'God is Love, and He loves us.' This image of God is implanted in every human being. This little piece of "Good News" in each one inspires, motivates, and propels individuals to reach out to others and experience the "Good News" in them too. 'Love is too wonderful not to be expressed!' Hence a life of love cannot be thought of without quality communication. This is what LQC is all about.

Now coming to sum up the four practices/skills to be effective in living the LQC, we focus on Observation, Feelings, Need, and Request. **To practice LQC successfully one needs to change one's habitual way of thinking and communicating.** These four practices help one to understand oneself better. The whole behavior and communication emerge from one's inner core/ the deep self-concept and influence one's values, attitudes and feelings. When there is harmony among these layers of one's personality, one enjoys the 'Grace of Unity' in oneself. Then LQC just flows out.

**Observation:** Our usual way of thinking and communicating after an observation of a reality, is to interpret and judge. We go beyond observation and impute intentions, and motives to one's words and behavior of others. Hence we need to arrive at clarity between observation and interpretation/judgment.



**Feelings:** One ought to identify one's feelings when he/she observes certain phenomena, or listens to certain messages. One realizes that one is responsible for one's feelings. Nobody can make you angry, or sad. 'No can hurt me unless I give permission'. Others' words and behavior may at the most provide a stimulus to my feelings, but never be the cause of my feelings.



**Need:** Identification of one's need in communication is important. It may begin with the awareness of the need that is not met. There is a need behind all the activities that we get engaged in. For example, I go to cinema to satisfy my need for entertainment. When communication leads you to disharmony or alienation, it is important to put your 'pause button' and ask the question: "what do I really need?" Finally, it is one's responsibility to take care of one's own needs, and impress the same upon others.



**Request:** Of all the four practices, this seems to be the most difficult. Often request takes the form of a demand. Yet when request turns to a demand the response can be alienating. It is good to distinguish the difference between a request and a demand. Often a demand may be disguised with a 'please', or an equivalent phrase, or a tone. But the acid test may be that one is free to say 'no', and the one who requests does not get angry, or manipulate further to get one's need.



It is an art and a skill, at the same time, to be able to say 'No' without feeling guilty, on the one hand and to be able to say 'No', without feeling guilty on the other.

**LQC (Loving Quality Communication) looks simple but it is very transformative.** Relationships grow deep and lasting. It builds up stable families and growing communities. LQC helps one to stay in the present and become aware of oneself. Self-awareness leads to imagination, which develops more options to respond to. At the next step, the God-given gift of conscience helps one to make the right choice in requesting for one's need. Finally when one decides to do it in the LQC way, he/she have the best of results. The LQC way of life is so fruitful and enjoyable, that one has no option but to share such an experience with others. Thus you **become an apostle of LQC - LOVING QUALITY COMMUNICATION.**

- Fr. Joe Arimpoor, sdb

# Teachers Enhancement Program (TEP)



**Institution:** Mount Carmel School, Gaggal  
**Dates:** March 12 & 13, 2015  
**Resource Persons:** Fr. Joe Arimpoor, sdb & Mr. Mukesh George  
**Program:** "Challenges in Education today"



**Institution:** Don Bosco School, Mannuthy, Trichur, Kerala  
**Dates :** March 17 & 18, 2015  
**Participants:** 38 Teachers  
**Resource Persons:** Fr. Joe Arimpoor, and Ms. Sophy Philip

## ADOLESCENTS CRAVE FOR ADULTS WHO LISTEN AND UNDERSTAND

The 45 Teachers of Mount Carmel School, Gaggal who attended this program were eager to understand the **new mind-set required to accompany the students towards their emotional and spiritual growth.** They were unanimous in requesting a follow-up Seminar cum Workshop to practice the New Pedagogy proposed to them. They wanted to acquire the new skill-set to be proficient in the practice of this new Pedagogy.



Queries of the teachers being answered

Both the principal and the teachers felt the urgent need to offer Counselling Service to the students. It was suggested that in addition to appointing a professional Counsellor, the teachers could also be equipped with the basic knowledge and the skills of Counselling. **An understanding and listening teacher can reach out to many a student who craves for an adult who is available and accompanies them.**

## AN ISO 9001 CERTIFIED DON BOSCO SCHOOL

The teachers and the management were keen to keep pace with the changes introduced by the ISO certification process. Two features that the Resource Persons appreciated most were:

- 1. The contribution of the Physical Education Teacher.** The resource person appreciated the progress made in the field of physical education. They were presently surprised to learn that the physical education teacher had a syllabus, used parameters to assess the progress of the student and the parents were involved in building up the self mastery of the students.
- 2. The practice of the 'Lesson Plans' reviewed by a core committee of subject specialists before the principal approves them.** The special committees look for updated lesson plans.



Fr. Joe exhorts the teaching faculty to keep the Don Bosco flag flying high.

Congratulations to the Don Bosco School, Mannuthy for its forward march towards excellence and continued improvement.



# Teachers Enhancement Program (TEP)



**Institution:** St. Patrick's Vidhya Bhavan Senior Secondary School

**Place:** Jodhpur

**Dates:** March 30 & 31, 2015

**Resource Persons:** Fr. Joe Arimpoor, & Mukesh

**Participants:** 75 Teachers

**Theme:** A Good School to a Great School

**DEVELOP A GOOD SCHOOL CULTURE**

The participants of the seminar felt that their school should **develop, document, and publish their School Culture**. The management should ensure that all the stakeholders of education should know and understand and contribute their share towards its practice in the school.

Towards the better living of the School Culture, the school should **introduce a well-designed Induction Program for the new teachers** so that they get well integrated into the school team. Such an initiative will produce synergetic output in the school.



Teachers participate enthusiastically putting across their views on St. Patrick's Vidhya Bhavan School

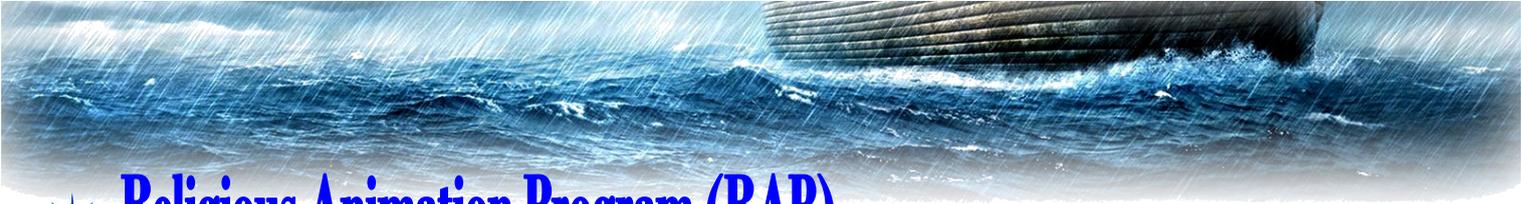
The second great awareness that the teachers got from this seminar was the need for them to **become conversant with modern technology in education and make the best use of it to make education up-to-date**.

What the participants appreciated most was **'the versatility of the resource person, the variety of methods used in the seminar, and the great humor that kept the group alive and exuberant throughout the seminar.'**



Sharing of the vision on an individual basis

**One must know his / her Personal Vision, so that one's Personal Vision gets aligned with the Organization's Vision ... This ensues commitment from all.**



# ✦ Religious Animation Program (RAP)



**Institution:** Provinciate, Sisters of Charity  
**Place :** Punjabi Bagh, New Delhi  
**Dates:** March 21 to 23, 2015  
**Resource Person:** Fr. Joe Arimpoor, sdb  
**Participants:** 22 Sisters ( 55 to 60 Age Group)

## LOOKING AHEAD ... GETTING READY!

The 22 Sisters of Charity belonging to the age group of 55 to 60 spent three days at their Provinciate at Punjabi Bagh, New Delhi to plan ahead to run faster as they reach their 'Diamond Jubilee'.



**Drawing conclusions in groups at the end of the session.**

The Angelic Message that the participants received with great hope and joy was that:

**“ Senior age is not a liability, but instead it is an asset.”** It all depends how we make our experience, wisdom, maturity, and serenity strengthened with the regular nourishment by the 'Word of God', and the intimacy with the Father in prayer.

The participants were unanimous in resolving to **become a 'Blessing' to their communities** rather than a liability or a burden.



**Discovering their competencies through a joyful activity**

Based on their core meaning, and the core competencies they were made aware of the dramatic events they have encountered in their lives. They were able to **recapture the sparks produced then in these encounters, and relive the passionate responses.** Such an exercise inspired and enthused the participants to plan out the new phase in their lives as they move towards their sixties.



**Attentive, involved and eager to know “How to grow old Gracefully!”**

# Special Programs and R&D



**Institution:** DLF Foundation  
**Place:** Subroto Park  
**Dates:** 24 March 2015  
**Participants:** Fr. Joe and Ms. Mareena Thomas

## DLF - Providing Opportunities & Transforming Lives !

DB ARK as an institution is involved in the field of education. It attracts other agencies who are who are also engaged in the same field.

Mr. P.K. Joseph of DLF Foundation invited Fr. Joe for a program where DLF Foundation were felicitating its stakeholders who have excelled in the field of education. These stakeholders were mainly children from underprivileged background, who were sponsored by DLF Foundation to pursue their education and thus opened a door of opportunity to fulfill their dreams.



### DLF inspires, nurtures and motivates youth talents

Fr. Joe and Ms. Mareena were happy to have met some of the partners of DLF Foundation in education. **They highly appreciated the DB ARK way of animating the stakeholders of education. The Whole Person Paradigm focused on – Physical Intelligence Quotient (PQ), Mental Intelligence Quotient (IQ), Emotional Intelligence Quotient (EQ) and Spiritual Intelligence Quotient (SQ).** They understood the urgent need for such a Holistic approach in education.

The DB ARK team made the DLF partners aware of the services that they can offer to their schools to lead their students to become effective agents tomorrow in the society to transform the lives of many towards a better world.



**Institution:** Don Bosco Skilling Mission  
**Place :** Bengaluru  
**Date:** March 20, 2015  
**DB ARK team:** Fr. Joe Arimpoor, sdb, Ms. Mareena and Ms. Sophy

## An Impact Study on DB Tech Skilling Program

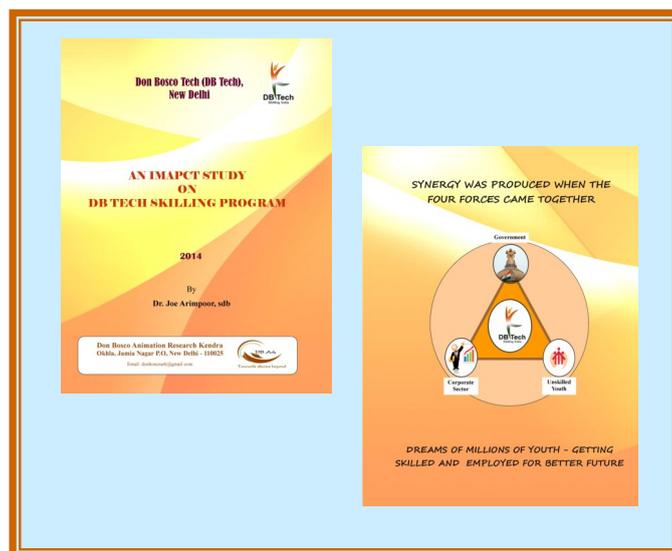
An R&D (Research and Development) department is the heart of any organization. A quality good organization reviews the progress of its mission with periodical evaluation.

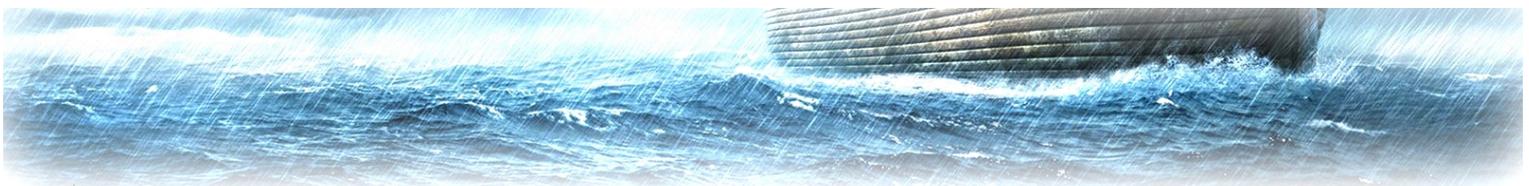


DB Tech under its Skilling India Mission is aiming to skill one million youth by 2022. In this march forward, the DB Tech wanted to review its progress so far. Taking stock of its strengths and weaknesses it wanted to plan its future course of action. To this end Don Bosco ARK, New Delhi was entrusted with an Impact Assessment Study.



The DB ARK research team was happy to present its main research findings to the august assembly gathered at the inauguration of the newly built Don Bosco Skilling Mission Centre in Bangalore.





# Special Programs



**Institution:** DB ARK, New Delhi  
**Program:** Visit of MSW students,  
Loyola College  
**Dates:** March 2, 2015

## An eye opener to the blooming Social Workers

DB ARK was happy to welcome the Social Work students of Loyola College of Social Sciences, Trivandrum, for three reasons;

1. To contribute their little share in the making of Professional Social Workers
2. The present Principal of Loyola College of Social Sciences is past student of Fr. Joe Arimpoor at Bosco Institute of Social Work in Tirupathoor, Tamilnadu.
3. DB ARK has two alumni of Loyola College - Ms. Marina Thomas, and Mr. Atul Leo Bara who were excited to share the challenges they face in their work at the institute. Dr. Sony Jose and Ms. Francina Xavier congratulated them both as a professional Social Workers.



**Loyola College Students feeling ecstatic with the crew of DB ARK**

The students were amazed at the achievements of the young professional Social Workers of DB ARK.

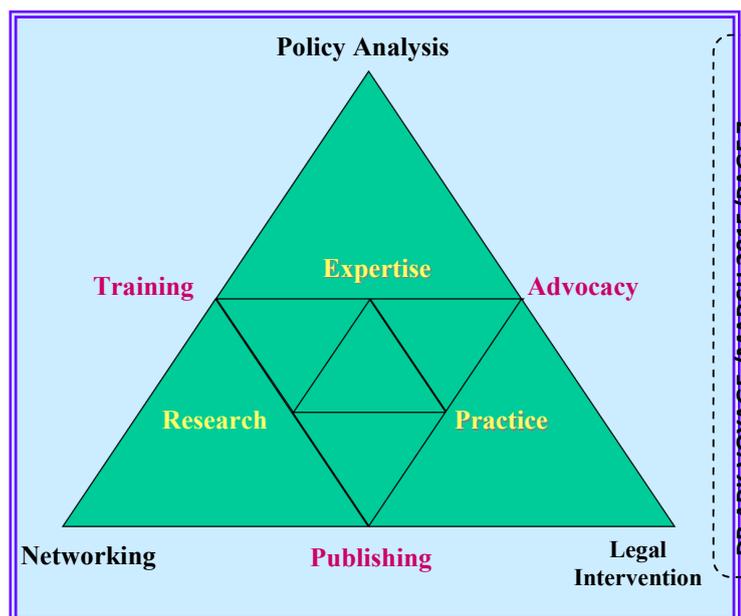
Fr. Joe emphasized on **the need of maintaining and enhancing the quality of professional Social Workers**. He encouraged the Social Workers in the making **'To become proficient in Evidence Based Social Work'**

He on the one side congratulated the Loyola College of Social Sciences, Trivandrum, for maintaining quality in this field.

On the other side he lamented the mushrooming of Social Work Colleges where often faculty members were appointed who themselves had not gone through intense training in Social Work methods. Many of faculty had not accompanied clients from the intake to termination practicing the principles, skills, techniques of social case work. Similarly very few had opportunity to start social work group and continue through the different processes of Social group work. So they were inexperienced in organizing community towards their independence, autonomy, and tackling social issues.

**Finally, he proposed to integrate Expertise, Practice, and Research.**

## Social Work Towards a PROFESSION in India



The team leaders of DB ARK introduced their respective departments with particular vision and mission of each department and their functioning.

# Staff Development



**Institution:** DB ARK, New Delhi  
**Program:** Inner Child Healing Workshop  
**Dates:** March 7 to 11, 2015  
**Resource Person:** Sr. Emmanuel

## WHY CARRY YOUR HURTS AND WOUNDS?

The DB ARK team members had developed a new Program for the children who had been victims of abuse, violence, and other traumatic experiences. The VOC – VOICE OF CHILDREN – is a PSYCHO-SPIRITUAL TOOL being used by DB ARK to lead the children from 'Brokenness to Wholeness'. The team felt the need to look into themselves and get healed in every aspect so that they be better prepared to accompany the children who had been 'broken' due to many experiences that they have gone through.



The participants trying to feel themselves physically, mentally, and spiritually



The participants portraying their most significant past experiences by using left hand

The DB ARK Team went for an 'INNER HEALING Retreat' to enjoy the peace and joy of being healed spiritually. The 'God Dimension' is a powerful component in the VOC program. However, it was felt that **an Integration of Mastery and Mystery would make the team members powerful agents of the healing process.**

Now the DB ARK team attended the "INNER CHILD HEALING WORKSHOP" conducted by Sr. Emmanuel. The experience in this workshop brought both healing as well as the consequent joy, and peace in the members. After this program they felt more confident in accompanying the children from brokenness to wholeness.

# Published by

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