

# ARK VOYAGE



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

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## Captain Speaks...

### Accompaniment of the Young in the New Pedagogy



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The young need the accompaniment of an adult-Parent/Educator— who is **Mature, Serene & Wise** in his/her dealings with them.

The one who accompanies, helps the young to **Discover, Develop, and Deploy** their God-given talents. They make use of these talents at His service, thus assists them at their vocational fulfillment.

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In developing the New Pedagogy to educating and forming the young in the modern days, accompaniment is a very important and powerful element.



The purpose of the accompaniment by the parents/educators is to lead the young in their growth towards 'Honest Citizens and God-Loving Persons'.

The young, especially at the adolescent stage, faces certain inner turmoil, which they find difficult to handle. In addition, it is at this age that they pass from the analytical stage, where they were preoccupied with the questions of 'what' and 'why' of things to critical stage, where they raised the question "why not?"

Accompaniment is crucial at this stage of their development. They are confused; certain amount of identity crisis creeps in. The young seek for 'stable points of reference' to their answers.



They crave for an **adult listening ear**, who accepts them as they are, and are able to understand them. Above all, they look for an adult – Parent/Teacher – who is non-judgmental. They look for adults who can use a 'value clarification approach', rather than a 'moralizing', or a 'modeling' approach. They are very averse to comparisons, where belittling is common, and uniqueness of the person is ignored.

Effective accompaniment is a 'life-giving process' in the first place. It inspires, motivates and leads them to greater aspirations. Such interactions lead the young to maturity, serenity and wisdom.



When there is such a healthy accompaniment of the young by the adults – Parents/Educators –, they are clear of their destination, which is "shores beyond", their flight path, which is a life of honesty and God-loving. The compass that ensures that they are on the right path is the MSW (Mature Serene Wise) accompaniment of the adults.

- Fr. Joe Arimpoor, sdb



# Youth Animation Program (YAP)



**School:** St. Joseph's Higher Secondary School, Buxar

**Program:** Life Skills

**Dates:** 21st - 22nd April, 2017

**Resource Persons:** Mr. Mukesh George, Mr. Allwyn Sequeira, Mr. Sumit Singh, Ms. Anjana Alex and Ms. Himanshi Singh

**Total Participants:** 200 - 250 Students

The students of St. Josephs School were thrilled with the seminar of this type that was offered by DB ARK team from Delhi.

What they liked best was that they could enhance their self-esteem and build up their confidence to face people with courage.



They also realised that they have a big role to play in fulfilling the family mission.

The students remarked they were often compared or belittled by parents and educators.

The anti-dotes proposed by the resource team gave them lot of confidence to face such negative situations.



**School:** Christu Jyoti Convent School, Samba, Jammu

**Program:** 3-D

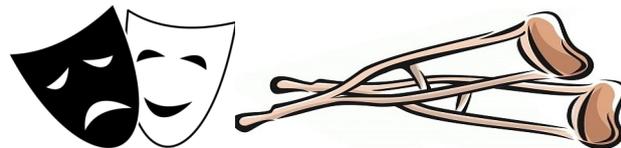
**Dates:** 25th & 26th April, 2017

**Resource Persons:** Mr. Mukesh George, Mr. Allwyn Sequeira, Mr. Sumit Singh, Ms. Anjana Alex and Ms. Sneha C. Saji

**Total Participants:** 220 Students (IX & X Classes)



It was a revelation for the students to discover their own level of self-esteem. But, the Angelic Message that they received in the seminar was: **"God doesn't make a junk. Therefore, nobody is a junk since all are made by God."** With this message, the students approached the process of enhancing the SE with lot of optimism and courage.



The strategy proposed by the DB ARK animators was to identify **'the Masks, and the Crutches'** with which the students were projecting an imaginary self of themselves. When they understood that only by breaking the masks and removing the crutches can they discover the true self, they were prepared for this risky adventure. But the conclusion was when they discover their true selves with so many potential talents and abilities, they would fall in love with themselves. The session on LOS (Love Of Self) concluded with a beautiful experience of their falling in love with themselves.

The hall echoed and re-echoed with the statements:  
**"Now I love myself! Now I have fallen in love with myself!"**



# Teachers' Enhancement Program (TEP)



**School:** St. Francis De Sales School, Gangapur City, Jaipur  
**Program:** Education in the 21st Century  
**Dates:** 24th & 25th March, 2017  
**Resource Persons:** Fr. Joe Arimpoor and Mr. Bijaya Hembram  
**Total Participants:** 36 Teachers



Teachers undergoing an exercise on 'Visioning'

There was a very animated and interactive group discussion after the presentation of Fr. Joe on the 'Challenges of Education Today'.

The teachers were very emphatic on the need for more training to move from punishments to a new approach where Reason, Love and God are emphasised.

**They also expressed their helplessness to accompany the new online generation that is coming of age in India.**

The teachers were enthused with the presentation on the innovative interventions that the school have to take up in order to take their school to greater heights.

When the group discussion focused on the challenges that the school was responding to effectively, they mentioned:

1. Technology in Education,
2. Learning Organisation,
3. Education & Evangelisation, and
4. Lateral Thinking and Creativity

**When the resource person interacted with them, they realised that though they are doing something on these, their efforts were not adequate enough to meet the rapidity and complexity of changes in today's society.**



**School:** St. Peter's School, Karan Bagh  
**Program:** Seven Habits of Highly Effective Teachers with Principles Centered Teachers  
**Dates:** 30th March, 2017  
**Resource Persons:** Fr. Joe Arimpoor and Mr. Mukesh George  
**Total Participants:** 280 Teachers from eleven schools

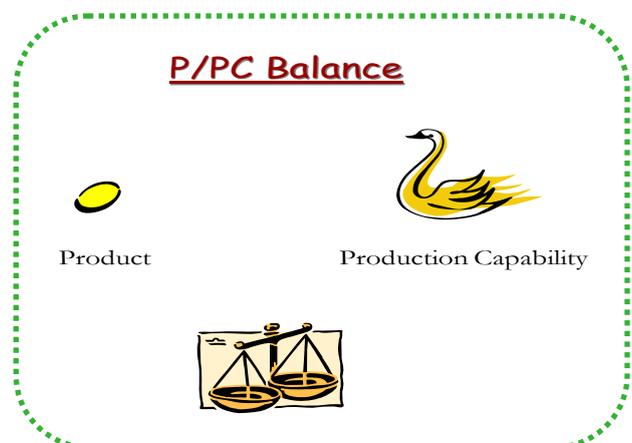


Fr. Joe clarifying doubts during a group activity

The one day seminar on the 'Seven Habits of Highly Effective Teachers' conducted by Fr. Joe Arimpoor was appreciated very much by the 280 teachers of the 11 schools of Jammu & Kashmir.

Among the basic four principles of Seven Habits, the teachers were struck by the two principles:

**'Emotional Bank Account'**, and the **'P/PC Balance'** (Product/ Production Capability Balance).



The farmer who owned a goose that laid golden egg. In his greed, he kills the goose to get all the golden eggs. **Often people over-work in order to produce more, and do not enhance their competencies - production capability.**

# Teachers' Enhancement Program (TEP)

**School:** Carmel Convent School, Kunjwani, Jammu  
**Program:** Seven Habits of Highly Effective Teachers with Principles Centered Teachers  
**Dates:** 31st March, 2017  
**Resource Persons:** Fr. Joe Arimpoor and Mr. Mukesh George  
**Total Participants:** 250 Teachers from seven schools



Fr. Joe challenges the teachers to be more effective in their profession

In the seminar on the 'Seven Habits of Highly Effective Teachers' at Kunjwani, the teachers were impressed with the first two habits namely:

1. Be Proactive,
2. Begin with an End in Mind.

The teachers realised that **moving from a Reactive Behaviour model to a Proactive model demands consistent efforts to acquire self-mastery that will facilitate the Proactive Behaviour.**

The real effective teachers are visionaries in their profession. **When their Personal Vision and the Institution Vision are aligned, the commitment level of the teachers gets enhanced.**

The teachers expressed the need to clarify their Personal Vision on the one hand, and on the other hand they want to understand the Institution Vision in depth. They wanted the managements to take the initiative in this process.



**School:** St. Xavier's College, Mapusa - Goa  
**Program:** Seven Habits of Highly Effective Professors  
**Dates:** 5th & 6th April, 2017  
**Resource Person:** Fr. Joe Arimpoor and Mr. Mukesh George  
**Total Participants:** 70 Professors

An introspection done by the resource person on the analysis of the current scenario of the commitment of the staff in the college revealed the following:

**"There is a big lacuna between the Personal Vision of the individual professors and the Vision of the College"**. The management needs to develop effective strategies to: a. **Clarify the Vision of the College**, in such a way that the professors understand it; b. **Motivate** them to accept it; c. **Inspire** them to respond to it courageously and generously.

**School:** Christu Jyoti Convent School, Samba, Jammu  
**Program:** Seven Habits of Highly Effective Teachers with Principles Centered Teachers  
**Dates:** 1st April, 2017  
**Resource Persons:** Fr. Joe Arimpoor and Mr. Mukesh George  
**Total Participants:** 230 Teachers



Teachers undergo an exercise where they realize they are satisfied with the average

What struck the resource person in this seminar on the 'Seven Habits of Highly Effective Teachers' at Samba was: the realisation of the teachers that the 7th Habit: **'Sharpen the Saw'** was the most urgent and important.

They remarked if they don't sharpen their cutting edge by becoming more and more 'learning teachers', they would be outdated and inefficient.

**Fr. Joe proposed a smart recipe to sharpen the saw on a continuous basis by translating 'RIA' in their professional life -**

**REFLECTION** leading them to **INSIGHTS** and urging them to take the necessary **ACTION**



Mr. Mukesh energizes the group with an action song

On the other hand, individual professors need to reflect and articulate it in a written statement. If the professors need a professional help, it should be provided.

# ☀ Teachers' Enhancement Program (TEP)



**School:** St. Joseph's Higher Secondary School, Buxar  
**Program:** Towards More Effective Teachers  
**Dates:** 22nd April, 2017  
**Resource Persons:** Mr. Mukesh George  
**Total Participants:** 15 Teachers



Teachers planning for a creative group exercise

**Sir Ken Robinson** after his research on 'Schooling', comes out with insight: "**Schooling kills creativity**". Mr. Mukesh George, DB ARK animator, conducted a seminar for the teachers of St. Joseph's School, Buxar, where he tried to focus on the necessity of activating the creative ability that teachers had; The exercise on "Humpty Dumpty" proved the point.

The main theme of the seminar for the teachers was: "**Don Bosco's System of Education for the Youth of Today**". He emphasized on the need for **moving from punishments and rewards to Reason, Love and God**. He explained the 'Nine Principles of Don Bosco's System of Education' with examples and the possibilities of practicing them in dealing with the students.

# ☀ Live In Experience (LIE)



Fr. Joe and the PY-YAR team with the children who went through a 'Live In Experience'

Manisha and Shiva from YAR (Young At Risk) enjoyed a **L.I.E. (Live-In Experience)** in the house of their friends: Gabriella and Daniel respectively from the PY (Privileged Group).

PY-YAR starts by: 1. **Identifying** a friend; 2. **Writing letters** to each other and coming closer; 3. They come and spend time together in groups (**Face to Face In Groups - F.I.G.**); where they share and exchange gifts, sing and play games and spend time together in sharing their life; 4. **Revolutionary challenge** of a YAR Child going and living in the house of a PY Child and similarly a PY Child goes and lives in the house/institutions of a YAR Child for a couple of days.

**Gabriella & Manisha, Daniel & Shiva were excited with the new experience they had in the house of these two.** It was very inspiring to know that the parents of Daniel & Gabriella went out of their way to welcome and celebrate their presence in their house. They were also generous in offering valuable gifts to the YAR Children.

Father: Mr. Iruthya Raj (Group Captain-Airforce Pilot)  
Mother: Ms. Anna Raj



**Congratulations to the PY-YAR Team** with Mr. Bijaya Hembram as the Team Leader, and Mr. Gabriel Murmu, Mr. Chandrasekhar Nayak and Mr. Allwyn Sequeira, the team members in **completing the fourth L.I.E.!!**

# Corporate Animation Program (CAP)

**Enhanced Production Capability To Reap Greater Harvest**

Fr. Joe Arimpoor conducted a session for the sales executives of **EVEREST PHARMA** at Pooram Hotel, Thrissur, on 8<sup>th</sup> April, 2017.

He emphasized on the need for the **alignment of Personal Vision with that of the Organisation Vision, if committed executives should emerge in the organisation.** It was revealed through an exercise that the usual approach of the staff was a “**this is enough**” mentality. Fr. Joe was quite emphatic on the **need for clarifying the Identity, Credibility of the organisation, and enhance its Visibility.** He challenged them to come out with new interventions, both in the geographic area, and of new products and marketing. **The acid test of this new approach would be seen in the fruits that the organisation would bear - multiplication of the profits.**



Though the program was very short, it was very much appreciated. In the words of the manager of the organisation **Mr. Joy Elinjery: “It was indeed a great challenge for all of us. You were not only creative and powerful in your presentation, but very systematic and thought-provoking too!”**

## Special Programs



A presentation on NVC (Non-Violent Communication) by Mr. Vivek & Ms. Swati

**Mr. Vivek Singh, a pioneering staff of DB ARK have specialised in NVC (Non-Violent Communication).** He had the opportunity of getting trained in Germany by the original resource team.

**DB ARK team was fortunate to have a half a day session by Vivek and his wife Swati, both of whom had been to Germany for their training.**



It was a very interesting and interactive session. They focused on:

1. Compassion and NVC; 2. Practice of the NVC in living the “**Rights-Way**” by the YAR (Young At Risk).

The fifth module of the seven modules of VOC (Voice Of Children), trains the children to live their rights (Child Rights).

**The NVC is a powerful tool to facilitate the life of the children in the “Rights-Way”.**

# ☀ Special Programs



Ms. Neena George takes a session for the DB ARK Team on “Marketing & Branding”

DB ARK team was fortunate to have a personal visit and a half a day session by **Ms. Neena George from Belgium**. It was a follow-up session of a Skype Conference from Belgium that we had on ‘**Visibility of an Organisation**’.

In this session, she focused on ‘**Branding and Marketing**’. It was indeed a learning experience for all. Predictive Analysis with its details captured the attention of all.

**DB ARK believes in integrating mastery into the mystery work they are involved in.** While the mystery part focuses on the ‘why’ of the journey of the ARK towards shores beyond (eternal shores), the mastery focuses on any significant development in human sciences (Behavioural Science, Management Studies, Information Technology, Social Sciences...)



DB ARK claims to award a “**Life MSW**” degree to successful crew. **MSW stands here for Maturity, Serenity and Wisdom**. The course consists of input sessions on social work and management topics, on scriptural reflections, and lived-out experiences.

**The practicum consists of living out the theories and principles capsuled into daily, weekly, monthly and annual practices.** These practices are assessed by close follow-up of individuals with appropriate and timely feedback and guidance. These include: 1. **PIE - IS - RIA (Planning Implementation Evaluation - Initiative Stretching - Reflection Insight Action)**; 2. **Weekly Reports, Reviews and Planning**; 3. **Monthly team meeting and TeLeRAPS (Team Leaders’ Review and Planning Session)**; 4. **Quarterly PROPS (Project/Program Review and Planning Session)**; and 5. **Annual review and planning**

In addition to all this, there are the regular staff development programs which include: a. Social and Team Building Programs; b. Professional Sessions; c. Spiritual Experiences; d. Business Sessions, where regular monitoring and planning take place.

**DB ARK was happy to award this “MSW Degree” to Mr. Mukesh George, who has served DB ARK as an Animator, and Team Leader in YAP (Youth Animation Program), TEP (Teachers’ Enhancement Program) and PEP (Parents’ Empowerment Program).**

On this farewell day, the Director and the Team Members blessed him and wished all the best for his future career.

# Spec!al Programs

## Planning for an Innovative Don Bosco Youth Animation Centre



Fr. Joe Arimpoor with the Salesian Youth Ministers team of Bangalore Province

The Salesian Bangalore Province wanted to venture on a new centre for youth development and spirituality.

The opportune time came when building and the land were offered to this province at Madhuravelly, near Kaduthuruthy, in Kerala.

A team of eleven Salesian Youth Ministers from the province met together at Madhuravelly, on 9th April, 2017. Fr. Joe Arimpoor was invited from Delhi Province as an experienced person in youth animation and founding of youth animation centres. The meeting on the first day was at Don Bosco Marian Centre, Madhuravelly and on the second day at Don Bosco Vaduthala.

A SWOT and a SWEAT analysis helped the participants to focus on problems and difficulties on one side, and opportunities and possibilities on the other. Fr. Joe focused on the necessity of clarifying the Identity, Credibility and Visibility of the new venture, which will lead them to a creative/prophetic intervention. He also emphasized on the necessity of developing SIPER strategies (Significant Innovative Powerful Empowering Radical), to ensure that the goals are reached. The members unanimously felt the importance of the Research and Development function at the centre. The final plan proposed would be presented to the Provincial Council of the province.

## Fr. Joe's ARK Family

DB ARK expresses its gratitude to "Fr. Joe's ARK Family Members" - the Support Group that enables DB ARK to fulfil its mission in favour of the youth especially the poor and the marginalised - by regularly praying for them and their intentions.

On every 19th, a Special Mass is offered for the same where all the Team Members join with the Director.

You are invited to become a member of "Fr. Joe's ARK Family" By making a small contribution either monthly or from time to time.

You may

1. Draw the cheque in favour of: "Don Bosco ARK" or
2. You can transfer the money to: AC Name: Don Bosco ARK, AC# 13020100235970, IFSC: FDRL0001302  
The Federal Bank, Nehru Place, New Delhi

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