

ARK VOYAGE



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

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Captain Speaks...

DISCOVERY OF ONE'S MEANING IN LIFE



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People without hope end up in suicide- such people feel that they are not ok. **Often hopeless people influence the others to lead them on the road to suicide.** It is said that “Blue Whale Challenge” and its success rate is highest among the young who have not discovered meaning in their life. They have no hope. They find no reason to live and therefore they find a way to die.

I remember a story. A man was climbing the London Tower Bridge towards the dusk. The policeman on his beat discovered a man on the top of the bridge. He was alarmed. He wanted him to come down from the bridge. So the policeman shouted to him “Oh you there, what are you doing there? Don't you know it is forbidden to climb there?” The man replied that he is going to jump in to the river and die. The policeman was shocked. He asked the man why he wanted to kill himself. The man on the bridge replied ‘I am fed up with my life, so I am going to jump down! The policeman was anxious and said: “Hey why are you fed up with your life? Is it your wife? Is it that no money? What is it? The man replied: “No, No! I am fed up, I am fed up with the whole world.” The shrewd policeman retorted: “You are fed up with the world? I too am fed up with the whole world.” The man on the bridge was surprised. “You too are fed up with the world? “The policeman replied yes, yes. Come down let us talk it over.”





Captain Speaks...(Contd.)



The man climbed down the bridge. Both of them walked up and down the bridge for an hour. At the end, both of them jumped down the river. If I am not ok & you, too are not ok, let us put an end to it. A man without hope easily arouses hopelessness in another.

On the other hand a man of hope can infuse hope in every heart. Hope is the special gift of the Holy Spirit. When one prays to the Holy Spirit hope is activated in oneself. **When hope is in action in oneself, he or**



she is led to do good acts.



People with hope see obstacles and difficulties as steps on a ladder which takes them to success & achievement. On the other hand, a person without hope sees problems and difficulties at the end of the tunnel and he gives up.

A positive approach to life can move mountains. The **"I CAN"** spirit takes the upper hand. If one were to act on this positive note he becomes enthusiastic, dynamic and achieves goals in his life; he gets the guts, God gives the grace, and he achieves!"

The **"DAAD REVOLUTION"** launched by **DB ARK** in many schools is aimed at making the youth positive contributors to building up a new society. **'DAAD'** stands for 'Doing An **ARK** A Day', and **'ARK'** stands for An Act of Random Kindness. Some react to this revolution and say: "What is the use of doing just one good deed in a day?" The principle behind this simple recipe is that when one starts doing an act of random kindness deliberately every day, he opens his eyes to those in need and responds. He/she becomes sensitive to the needs of others. Soon it becomes a habit for the person. Such a good habit develops a positive attitude in the person. Positive people become loving and lovable.



ARK

ARK stands for an ACT of RANDOM KINDNESS

ARK (Act of Random Kindness) is doing good to those in need

ARK is LOVE In ACTION

Youth Animation Program (YAP)



Institution: Siloam, Shillong, Meghalaya.
Program: DB ARK Life Skills
Dates: 3rd to 8th November, 2017
Animators: Fr. Joe SDB, Mr. Abhishek & Ms. Sneha
Participants: 110 students



A Six day Residential Program designed for the Catholic Students of Salesian Institutions of Higher Learning, and Youth of North East India, organized by Siloam



How to be visible, get identified, and bear fruits as 'Good Catholics'



Groups made according to the names of the apostles



Actively involved youth in praise and worship



Witnessing the symbolic representation of "Apostles" being sent to different directions in the world to proclaim the "Word of God"



Galilee Trail (Contd.)



Catholic Leadership Training Program for university students. Jesus said “you are the salt of the earth, and the light of the world.” If the educated Catholic youth of the North East are imbibed with the values of the Gospel and decide to live by them, they will surely be the salt and the light of the North East. This was the inspiration that propelled Fr. George Palamattom, sdb to start a series of “Galilee Trail” program.

The program included a good portion on scriptural knowledge, where the life and mission of Jesus come alive to them. Life experiences of various types of resource persons ignited the flame of Jesus ‘Discipleship’ in the participants, The God-experience sessions, particularly the Jesus experience session became the most cherished portion of this Trail.



Birthday of Sneha C.Saji



**I am discovering!
I am developing!!
I am learning to deploy myself for HIS Glory!!!**

***I am away from my home,
but DB ARK made my day on my Birthday.
So much of love, and attention!
DB ARK has made me discover the true meaning of my life!***





Youth Animation Program (YAP)



Institution: Mount Carmel College, Lucknow, UP.
Program: DB ARK Life Skills
Dates: 20 & 21st November, 2017
Animators: Mr. Abhishek, Mr. Sekhar, Mr. Allwyn,
 Ms. Sneha & Ms. Himashi
Participants: 250 students

Institution: St. Anthony School, Barabanki, UP.
Program: DB ARK Life Skills
Dates: 30th & 1st December, 2017
Animators: Mr. Abhishek, Mr. Sekhar, Mr. Allwyn,
 Ms. Sneha & Ms. Himashi
Participants: 200 students



Ms. Himashi interacting with the participant to clarify doubts regarding importance of Values in one's life



Fr. Joe explains how the young today are in a rat race where all are striving for the better. And calls them to take a break and connect with themselves to know oneself better.



Mr. Sekhar focusing on the importance of developing oneself and becoming a better individual to use their life skills in best possible manner



Ms. Sneha describes the way to discover the meaning in one's life

Life Skills are a popular program today conducted by many.
 But DB ARK has a focus of its own:
'How to communicate and relate with God.'
 List of Life-Skills is incomplete with out the Spiritual Dimension !

Parents' Empowerment Program (PEP)



Institution: St. Anthony School, Barabanki, UP.
Program: Five Love Languages
Dates: 20th & 21st November, 2017
Animators: Fr. Joe, Mr. Abhishek
Participants: 100 Parents

Fr. Joe explaining to the parents the importance of the need for a such program

Before the program: One of the parents remarked :

"what is there to learn to love, we have been loving all our life! Why such a topic?"

After the program: The same participants remarked "Yes, it is true we have been loving all our life but after this session: "We never thought of the effectiveness of the way we expressed our love. The '5 love languages' can be made into a good program of life for us. Many of the problems in the families between couples, and parents and children can be prevented or dealt with successfully if we become adept with these Five Love Languages."

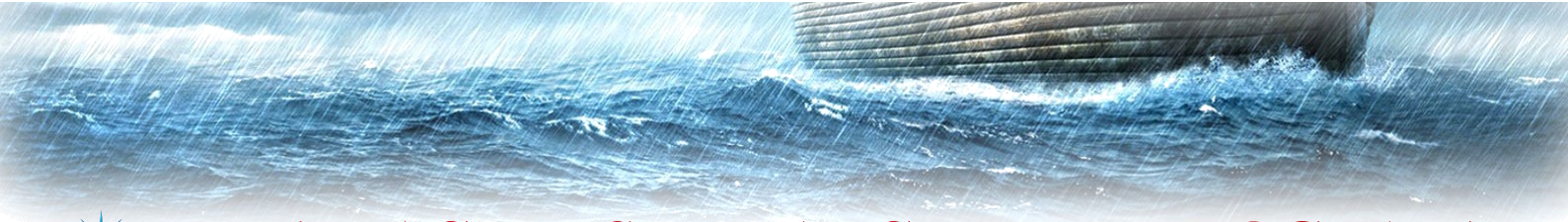


Mr. Abhishek makes the parents session lively and humorous

Mr. Abhishek presents a well-prepared power point program on the "five love languages for couples and parents." Speaking the different languages of love according to the situation and the need is an art and at the same time a skill. And that is why parents need to learn the skill of using the love languages.

Though the parents should be well-versed in using all the five love languages, it is important to identify the primary love language of the spouses, and the children as well. Primary love languages does not remain the same always, but it changes according to the situations, especially as the children grow up.





TEP (TEACHERS ENHANCEMENT PROGRAM)



Institution: St. Anthony School, Barabanki, UP.
Program: Education in the 21st century
Dates: 20th & 21st November, 2017
Animators: Fr. Joe, Mr. Abhishek
Participants: 70 teachers



FORWARD-LOOKING TEACHERS Of St. Anthony's School, Barabanki!!

Questions raised by the teachers after the seminar conducted by **Fr. Joe Arimpoor** On "The Future of Education":

1. If Education has to be reinvented, who will do it?
2. Is our Present Education System for Yesterday, Today, or for Tomorrow?
3. How to make our Present Education **HO-LISTIC/WHOLISTIC**?
4. If "Learning to Learn" is the focus of Tomorrow's Education, then why is that our Colleges of **B.Ed.**, and **M.Ed.** do not gear their education towards that?
5. If **Guttenberg**, is giving way to Audi-Visual, and now to Computer Education, and soon to Smart Phone Education, why are schools forbidding students to use Smart Phones, rather than teach them to use optimally and effectively?
6. If Robots, and Artificial Intelligence are on

the way, why don't we prepare the teachers for this revolution in Education?

7. If **MR (Mixed Reality)** is going to be the order of the day, how to accompany our students towards a balance of the Reality and the Virtual?
8. Are you saying, Fr. Joe, that unless we become a new Brand of Teachers we will all lose our Jobs? Fr. Joe: " Yes, that's it!."



Teacher: "If the technology can do all these things, as you have mentioned,

Fr. Joe, then do we need teachers at all ?"

Fr. Joe: " Surely Yes, we need educators but of a different brand. Educators who are well-versed in all these modern approaches, and ready to become 'learning teachers', on the one side, and on the other, teachers who are able to love the students, and accompany them, guiding and mentoring them, and understanding them with care and compassion."

FJAF (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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