

ARK VOYAGE



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

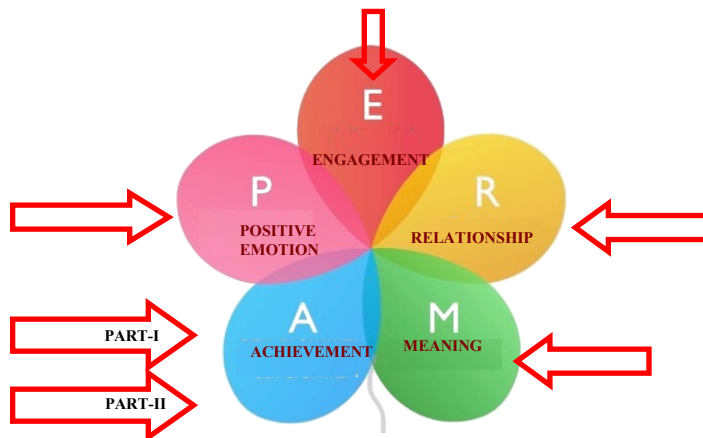
October 2018/ Vol. 7/ Issue 10

Captain Speaks...

POSITIVE PSYCHOLOGY & ACCOMPLISHMENT



I am continuing my reflections on Positive Psychology in these series of ARK Voyage, the DB ARK NEWS LETTER. In the September Issue I spoke about the fourth letter – A – ACCOMPLISHMENT - PART 1- of the Acronym for the practice of Positive Psychology, namely PERMA. **In this issue I am making some further reflections on ACCOMPLISHMENT-PART II.**



Righteousness enhances GRIT

To the degree a person perceives the Meaning of his/her life to that degree the person will devote oneself to the endeavours that give him/her joy and peace which will lead them to their final accomplishment.

Grit flourishes when you do the right things. **Being on the right gives you lot of strength.** The same energy gets contaminated and negativity will ensue when it becomes self-righteous. At this point one tends to judge others and impute intentions and motivations to the actions and behaviour of others.

Awareness of the fact that you are on the right gives additional strength. This awareness is generated when you reflect your behaviour in the light of the Word of God from your Scriptures.

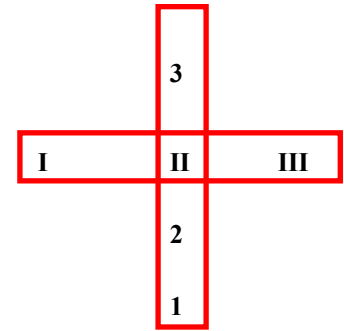
The assurance of the fact that you are on the right gives extraordinary strength. Assurance of your righteousness is arrived at when two dimensions in your life integrate with each other. These two dimensions are the vertical and the horizontal.



Captain Speaks...(Contd.)

The vertical dimension is fulfilled when:

1. You are rooted in God,
2. You are nourished by the Word of God from your scriptures, and
3. You are connected with God in the intimacy of prayer.



The horizontal dimension is achieved when:

- I. You are immersed in altruistic interventions,
- II. You are sensitive to the needs of others, and able to read the signs of the times, and
- III. You seek guidance from wise and righteous persons.

GRIT is possible only with the Culture of Discipline

We have to make a **distinction between discipline and culture of discipline**. In simple words discipline is external and forced upon. Instead culture of discipline is internal and based on convictions. When there is a culture of discipline you get committed and passionate members who kindle/fan the fire/flame in others.

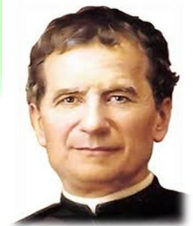


A ship uses the Light House as the point of reference in the turbulent sea.

As a Light House provides a stable point of reference for ships in the turbulent sea, so too young people need a stable point of reference to mould their lives.

When this point of reference, “the internal Light House” is constructed by building up convictions in one’s life which serves us as a powerful compass guiding the young towards “Shores Beyond!”

*Don Bosco expressed it beautifully when he developed his system of education which he called **Preventive System**. Rather than commanding and demanding, an educator or a parent appeals to the reason of the young. When this process is permeated with Love and pointed towards God’s love, true convictions are built in the young.*



Don Bosco an Effective “Conviction - Builder in the Young”



Captain Speaks...(Contd.)

A Culture of Discipline is not just about action. It is about getting *disciplined people who engage in disciplined thought and who then takes disciplined action.*

All organizations have a culture, some have discipline, but few organizations have a culture of discipline.

When you have disciplined people, you don't need hierarchy. Often the emphasis on of bureaucracy is to compensate for incompetence and lack of discipline.

When there is no culture of discipline, rules and regulations abound.

Bureaucracy reigns supreme. More rigidity and restrictions are legislated. Focus will be on compensating the incompetency. Creative, path breaking, and charismatic people are stifled or they leave the organization. Average becomes the rule of the day.

The Grit in each person enhances grit in others, then, over time, you might expect what social scientist **Jim Flynn** calls a "social multiplier" effect.



Jim Flynn



"social multiplier" effect.

Growth Mind-set Vs. Static Mind-set

One who believes that he can grow in his abilities through his hard work and practice is a **person with Growth Mind-set**. On the other hand, one who is afraid to take risks and face challenges wanting to remain in his comfort zone is a **person with a static mind-set**. He is afraid to stretch out and explore into new avenues suffers from pessimism and lack of confidence.

Parents and educators can **facilitate the development of growth mind-set** by making the young learn something really hard and they stick to it, then the neurons in their brain would form new, strong connections and over time could become smarter.

Yet another step in developing growth mind-set is to **give the young the opportunity to persevere in some hard activity** rather than merely telling them to persevere.

Gritty people **develop courage to take risks, and optimism to face failure**. They rise each time from a failure with hope and optimism moving resolutely towards their goal. They don't consider a failure as a failure, but as an occasion to learn from the application of an intervention that did not work. Eg. Edison

Encouraging students to challenge problems and accompanying them to their solutions builds up their capacity to persevere. The experience of perseverance intensifies their passion. Passion leads them to perseverance. **It ends up in a spiralling process of passion to perseverance, and perseverance to passion.** This is the highway towards Grit.



As gold is test in fire so too grit is strengthened with obstacles and difficulties.

Captain Speaks...(Contd.)



Swimming against the current is a peculiar characteristic of persons with Grit.

Finishing strong means consistently focusing and doing your absolute best at every moment, from start to finish.

I recollect a personal experience of mine when I participated in the mile race in the college as a student. As I was not a coached runner, I used all my energy, that is my 'absolute best' at every lap of the eight laps for a mile. At the end of the fourth lap I realized that I had exhausted all my physical energy. At this point I managed to release more energy from my emotional and psychic determination. That's when I realized "*Finishing strong means consistently focusing and doing your absolute best at every moment, from start to finish.*"



Fr. Joe, as a collage student, at the Mile Race with his 'absolute best'

To be gritty is to fall down seven time, and rise eight.

Let us look at examples of people who have accomplished great things as a result of their grit:

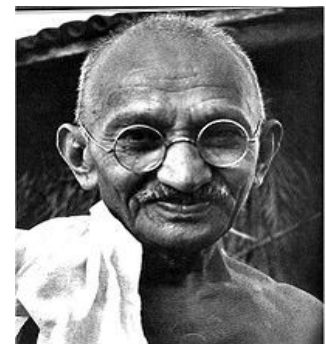


Mother Teresa

Mother Teresa, in spite of great obstacles and difficulties both from within her congregation as well as from outside she marched forward in founding a new congregation to reach the destitute and most abandoned, with her remarkable grit.

Mahatma Gandhi - the Father of the Indian Nation, and the Apostle of Nonviolence. ... And gave us the awesome power of nonviolence.

Thrown out of a first class compartment of a train because of his socioeconomic difference, he rises with a determination to attain swaraj status for India. It was his "absolute grit" that attained Independence for India.

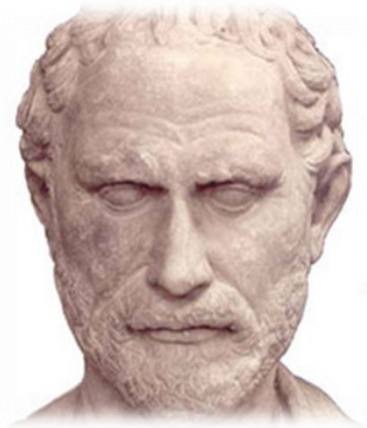


**Gandhiji a man of grit!
India's glory!!**

Captain Speaks...(Contd.)



***Demosthenes**, a Greek orator, who suffered from speech impediment, was determined to become an eloquent speaker. He went through intense practice by talking with pebbles in his mouth and shouting above the roar of the ocean waves. At the age 30 in 354, he made his first major speech before the Assembly. The speech, "On the Navy Boards," was a marked success. It was possible only because of his sheer grit.*



Demosthenes ... from stammering to an eloquent orator.



Helen Keller... from blind and deaf to a powerful speaker and writer.

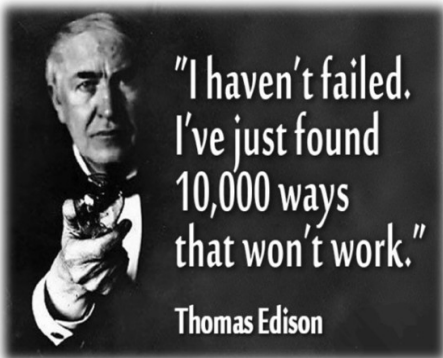
***Helen Keller** lost her sight and hearing at the age of nineteen months to an illness now believed to have been scarlet fever. She was determined to become a writer and a speaker in spite of the having lost her sight and hearing. Today she is a model for people with such a disabilities to swim against the current and reach the goal. Her techniques of methods of treating the blind and the deaf have made her world famous.*

***Chungneijang Mary Kom Hmangte** better known as **Mary Kom** is an Indian Olympic boxer from Manipur. She has become the most successful woman boxer in history with her sixth world title . It was her noble and ambitious motto : "My fitness mantra is stay happy and to make others happy, " that made her the first Indian Woman Boxer to win Gold at the 2018 Commonwealth Games. Her rigorous and continuous practice that took her the pinnacle of glory.*



Mary Kom... her ambition coupled with grit led her to gold

Captain Speaks...(Contd.)



*As an inventor, Edison made 1,000 unsuccessful attempts at inventing the light bulb. When a reporter asked, "How did it feel to fail 10,000 times?" Edison replied: "I have not failed. I've just found 10,000 ways that **won't** work". He proved that failure is indeed a stepping stone to success for men of grit.*

Meaning and Accomplishment

To the degree a person perceives the **Meaning** of his/her life to that degree he will devote himself to the endeavours that give him joy and peace which **will lead him to his final accomplishment**.

In the context of discovering and **pursuing the Meaning of one's life one focuses more on his strengths rather than his talents**. It is the pursuit of one's strengths and enhancing them that he accomplishes lasting results.

Pursuit of Meaning in one's life is the surest way to clarify one's values and get them purified. In the process of value clarification, one raises the question of why one gets engaged in a particular activity. The clarification comes when we distinguish '**base value**' from '**scope value**'. We may study to get good results. Here studying becomes base value and good results become scope value. We need good results to go for higher studies. And further higher studies are taken up in order to get a good job. Good job is necessary for a good salary. This process of pursuing one thing for a higher/different result clarifies the concepts of base value and the scope value. Finally one ends up with the ultimate value in one's life. It is at this point that one really understand the true Meaning in one's life.

DB ARK leads the young in this pursuit of the discovery and following of one's true Meaning in one's life leading them to "Towards Shores Beyond!"

Resilience key to Accomplishment:

Resilience is the quality of not merely recovering quickly from failure and adversity but using such situation as opportunities to grow and further your personal development.

Resilient people bounce back after a set back ,, they come back stronger and wiser. They look at difficult situation more positively and optimistically.

**Optimism enhances resilience, and
Resilience strengthens optimism**

Captain Speaks...(Contd.)

In conclusion it may be said that:

The first is that you *can* grow your grit.

It can be done in two ways:

On your own, you can grow your grit **“from the inside out”**:

You can cultivate your interests.

You can develop a habit of daily challenge exceeding skill practice.

You can connect your work to a purpose beyond yourself.

And you can learn to hope when all seems lost.

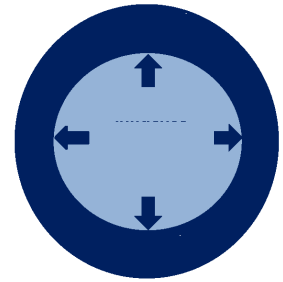
You can also grow your grit **“from the outside in.”**

Parents, coaches, teachers, bosses, mentors, friends—

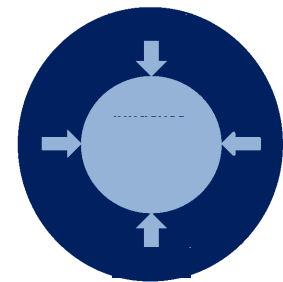
Developing your personal grit depends critically on other people.

The grittier a person is, the more likely he'll enjoy a healthy emotional life, because he gets nourished everyday with accomplishments of one type or another.

Grit goes hand in hand with wellbeing. **To be gritty is to keep putting one foot in front of the other.** Each foot placed in the right direction is a small achievement. The awareness that one is in the right direction, and definite progress is made the strength of grit gets tougher.



“From the inside out”:



“From the outside in”:

If I may make a reference to Hindu Mythology, where the legend of Mahabaly, who becomes famous and popular as Maveli in Kerala for his generosity and charitable works. Maveli worship Lord Vishnu. When other gods became jealous of Mahabaly they demanded to punish him. Hence Lord Vishnu disguised as a Brahmin and begged for a piece of land from Mahabaly, the Lord Vishnu begged for a piece of land that covered his three steps of land, Mahabaly graciously promised to oblige the request, now the Brahmin grew to gigantic size and his first step covered the whole earth, and the second step covered the whole sky and now there was no space left for the



third steps, Mahabaly to keep his word and nobility offered his own head for the third step. The Brahmin (Lord Vishnu) seeing the sincerity and sacrificial spirit of Mahabaly, the Lord pushed him to Patal (bottomless pit) and asked him to make any wish for himself.

Mahabaly, known as Maveli in Kerala, requested for the favour of visiting Kerala every year and shower his blessings on his

people, making his people happy with abundant prosperity.



To be gritty is to hold fast to an interesting and purposeful goal.

To be gritty is to invest, day after week after year, in challenging practice.



RAP (RELIGIOUS ANIMATION PROGRAM)

Institution : Holy Family School
Place : Gohana, Hariyana
Program : YAP
Dates : Oct 10th –11th, 2018.
Animators : Mr. Sekhar, Mr. Abhishek & Ms. Sneha
Participants: 135 Students

Institution : DB ARK
Place : PALAM, New Delhi
Program : PROPS
Dates : October 12th , 2018.
Animators : Fr. Joe, Sekhar, Himanshi , Robin, Assuntha, Bijaya, Sneha, Teresa Abhishek, and Allwyn
Participants: The DBARK Team



Students of Holy Family School eager to transform themselves through the YAP by DBARK

DBARK follows a systematic procedure in the administrative process. From daily PIE (Planning Implementation and Evaluation), the staff uses WRaP (Weekly Review and Planning), and monthly TeLeRAPS (Team Leaders Review and Planning Session) and quarterly PROPS (Program Review, Orientation and Planning Session) and finally Annual Review and Planning Session.

Institution : Don Bosco Aspirantate
Place : Jabalpur, MP
Program : RAP
Dates : October 21-25, 2018.
Animators : Mr. Sekhar, Mr. Abhishek & Ms. Sneha
Participants: 30 Aspirants



The DBARK Team At PROPS with Fr. Joe Arimpoor sdb



Mr. Abhishek and Sekhar animate the aspirants of Delhi province in the Salesian style with music and songs. DBARK team challenged them with higher aspirations in their life. They learnt: “the more committed we are to DON BOSCO and His mission the more creative and dynamic we will be in our mission.”

At DBARK the Team uses certain management techniques to ‘close the execution gap’ and meet the targets set for the year. The two most powerful techniques used are RASA (Re-Assign, Re-Schedule, and Re- Allocate), and develop SIPER (Significant, Innovative, Powerful, Empowering, and Radical) strategies. The team gets into a scientific temper in the whole administrative process.

One of the team members exclaimed: “why don't we offer this methodology with new techniques that we use to all our institutions in the Province!”



VOC (VOICE OF CHILDREN)

Institution : Don Bosco Ashalayam, Palam
Place : New Delhi
Program : VOC Intro
Dates : October 13th, 2018
Animators : Sneha , Sekhar. Himanshi,
 Abhishek and Robin

Participants: 26 Boys

Institution : Don Bosco Ashalayam, Palam
Place : New Delhi
Program : VOC-I
Dates : October 17th, 2018
Animators : Sneha , Sekhar. Himanshi,
 Abhishek and Robin

Participants: 26 Boys



The Children at **Don Bosco Ashalayam** were thrilled with the introductory demo program presented by **DBARK** Team. What they like best was the out bound activity of “**Humpty-Dumpty**”. Twenty six senior children signed up for the **VOC (Voice of Children)** series of Seven modules of three days each.



You may

1. Draw the cheque in favour of: “Don Bosco ARK” or
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Towards shores beyond