

# ARK VOYAGE



Newsletter of Don Bosco Animation & Research Kendra, New Delhi

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## Captain Speaks...

### LAW OF ATTRACTION AND GROWTH MIND-SET



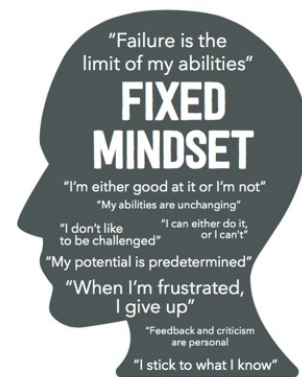
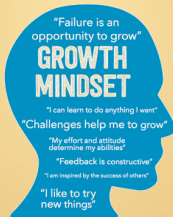
Realizing one's potential can be achieved by the practice of Law of Attraction, where one harnesses the force of Vibration. **Successful people are those who release the power of their beliefs.** Hence the first step towards achieving what you want in your life is to clarify and become aware of your present beliefs.

If you are a victim of a 'fixed mind set' your progress too will be limited. On the other hand, if you believe that your basic qualities can be cultivated, and you believe that change is possible then you can intensify your efforts.

### Power of People's Beliefs

Changing people's belief can have profound effects on one's mindset.

This is the secret to develop a



It is this purposeful engagement that leads people with growth mind set to success and achievement. When there is such a firm belief in one's growth then he enjoys the power of persistence. He is able to gear all his energy towards the accomplishment of what he/she wants.

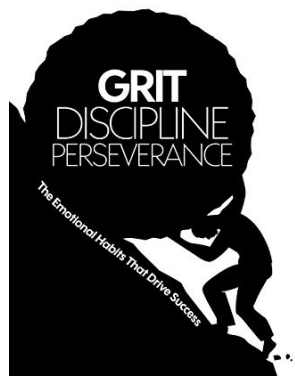
A person with a growth mind-set reviews his/her assets and limitations. Such a review reveals deep insights of his/her strengths and weaknesses. Then he goes on to focus on his strengths which get multiplied through the Laws of Attraction and Vibrations.



# Captain Speaks...(Contd.)



Creative researches agree that **creative achievements converge on perseverance and resilience produced by growth mind-set**. Angela Duckworth will put it as ‘achievement is gained through’ GRIT, where grit is the result of Passion and Perseverance.



People with growth mind-set will develop an ever learning attitude. When this attitude is present in a person he realises the Law of Attraction and Vibration in himself. As a result he realizes that **stretching is the super highway to acquire growth mind-set**.

I have come across a smart professor who believes in stretching to such an extent that **his mottos reveal his mind-set: a. ‘To Reach the Unreachable Star’; b. ‘Dare and Soar’; c. ‘Towards Shores Beyond’**.

‘His oft quoted statement is **“a stretch a day makes one, a versatile person”**’.

**A virtuous reciprocity** is seen in “learning people” who develop a “growth mind-set” and those with a ‘growth mind-set’ keeps ‘learning’.

‘Stretching’ would mean moving from one’s comfort zone to newer areas, more challenging and fulfilling. Deep down, what one really wants becomes the focus. All attention is paid to it. As soon as this happens, the intensity of vibration increases. The whole being of the person gets attracted to this goal. Thus the laws of Vibration and Attraction get synergized.



On the other hand, a person with **fixed mind-set is afraid of stretching**. He revels in his/her stereotyping, and preserves the status quo. They limit their achievement goals. They are satisfied with minimum accomplishment.

Their mid-set, as well as their efforts remains limited. **They have the basic attitude which is expressed in their oft repeated phrase: “This is enough”**.

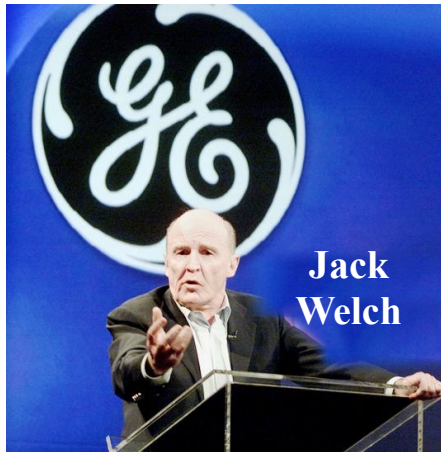
One with ‘growth mind-set’ rises ever higher and higher. The real reason for his achievements is his purposeful engagement towards his goals. **It is proved that ‘efforts’ over ‘talents’ win more often than talents without adequate efforts**. Grit is the real secret, where passion and perseverance combine. **People with ‘growth mind-set’ face failure as a wakeup call. It in fact motivates them to work harder**.





## Captain Speaks...(Contd.)

Laws of Attraction and Vibration, when applied to **management and leadership**, the success stories reveal the secret where the successful leaders learn to listen, nurture, and award credits to **achievers**. One of the best examples is **Jack Welch, the CEO of General Electrics**. When he took up GE in 1980 the company was valued at 14 billion dollars. Twenty years later, in 2000 the company was valued at 490 billion dollars. **Jack's strength was his passion for teamwork in which he persevered till the end. He would identify creative talents and nurture them to bring forth their best and maximum.**



Nurturing employees was another characteristic of his. He believed strongly in facilitating the **rewiring of the mind set of his employees towards change and growth.**

He was strongly against 'Group Think', where the leader thinks, and the followers nod in assent **without any critical thinking. Group think thrives when an authoritarian operates with a fixed mind set.**

Laws of Attraction and Vibration can have wonderful effects in **love relationships too**. When one is equipped with a growth mind-set, he believes strongly in oneself, in his/her partner and the positive happy relationship.

Often fixed mind-set is the result of messages transmitted by parents and significant others in one's early life. Once the mind-set is fixed, there is very little chance for the Laws of Vibration and Attraction to operate in the person.

There are parents and teachers who operate from a 'fixed mind-set'. They have another limitation, namely 'a scarce mentality'. They see problems and difficulties more often than possibilities, and opportunities. Often they are afraid of sharing/giving.

On the other hand, those with a 'growth mind-set' enjoy an 'abundance mentality'. The more they give /share the more they receive. The creation is so rich that it can never get depleted, because the Creator is immense. Here we see also the Faith element in those who are optimistic, and of abundance mentality.

### Jack Welch Reveals the 1 Quality Every Great Leader Possesses

Skills, talent, and experience are important, but the generosity gene creates the foundation for great leadership.



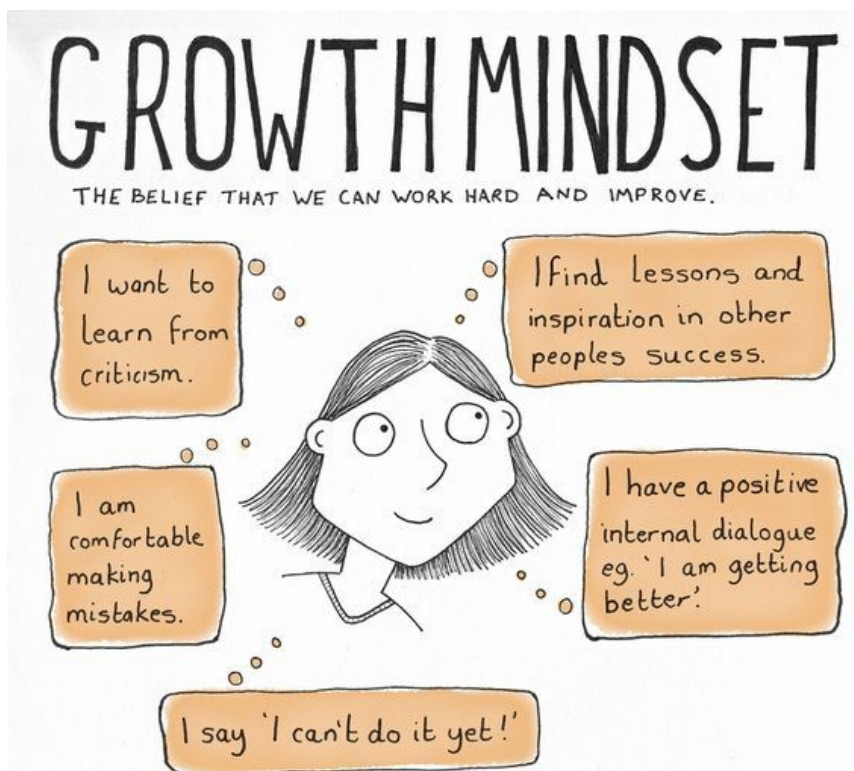
## ☀ Captain Speaks...(Contd.)



It would be fruitful if one analyses one's mind-set. The analysis would reveal how a particular mind-set was formed. Having realized, by now, that a fixed mind-set makes one stagnant and incapable of meeting the challenges that emerge from the rapid and complex changes taking place today. Hence we need to **search for ways and means to enhance our mind-set and flourish with a growth mind-set.**

Such strong belief and insights compel one to use one's will power to achieve the desired goal. This in short, is the practice of the Laws of Attraction and Vibration.

The crux of the issue is to enable change of mind-set from a fixed one to a growth set. New knowledge, experiences, and reflections lead one to insights. When one acts upon his/her insights, growth takes place!



*Research reveals that Passion and Perseverance produce better results than mere Talents with mediocrity and indifference .*

- Fr. Joz Arimpoor, sdb



# YOUTH ANIMATION PROGRAM (YAP) & SPECIAL PROGRAM



**Institutions :** Holy family School, Khurai  
**Program :** YAP  
**Dates :** 11 and 12 April 2019  
**Animators :** Sekhar, Simran, Sneha, Nakul, Sumita  
**Participants:** 300 Students

**Institutions :** Ekta Shakti Foundation  
**Program :** Networking with Partners  
**Dates :** 2 April 2019  
**Animators :** Fr Joe, Mrs. Assuntha .  
**Participants:** 8 Resource Person

## Enhancement of Self-Esteem

Research revealed that one of the serious problems that the students face is low self-esteem. It has been the endeavour of DB ARK team to facilitate the Enhancement of the self esteem of the students.



Joyful learning and variety of activities stand out in the DB ARK Youth Animation Programs.

Following the principle of Don Bosco system: "Like what the youth like, and they will like what you like," the DB ARK Team attracts the youth in their wave length.



## DB ARK Reaches out to ESK



Fr. Joe and Assuntha went to Ekta Shakti Foundation (ESK) to give an orientation to the staff of Ekta Shakti Foundation. They promised to take this project and implement this in their schools.



दैनिक जागरण 13 अप्रैल 2019

सागर-बीना-खुरई 02

## डॉन बास्को ऐनिमेशन रिसर्च केन्द्र दिल्ली की टीम द्वारा दो दिवसीय सेमिनार का हुआ समापन

जागरण न्यूज, खुरई

होली फमिली कॉन्वेंट सीनियर सेकेण्डरी स्कूल में डॉन बास्को ऐनिमेशन रिसर्च केन्द्र दिल्ली की छः सदस्यीय टीम द्वारा दो दिवसीय सेमिनार का आयोजन किया गया। सेमिनार में डॉन बास्को ऐनिमेशन रिसर्च केन्द्र दिल्ली की टीम के मुख्य अधिकारी चन्द्रशेखर नायक एवं उनके साथ नकुल बसवाल, हिमांशी सिंह, जेहा साजी, सिमरन आनंद, सुनीता लकरा,



संस्था प्राचार्या सिस्टर संस्था, उपप्राचार्या सिस्टर अंजली, सुपीरियर एवं प्राइमरी इंचार्ज सिस्टर सथ्याएं संस्था के शिक्षक-शिक्षिकाओं सहित कक्षा नवमी एवं दसवीं के सभी छात्र-छात्राएं उपस्थित थे। सेमिनार में विद्यार्थियों के आत्मविश्वास को बढ़ाने के तरीके, आत्म जागरूकता, पारिवारिक माहौल में घुल मिलकर रहनाएं पारिवारिक रिश्तों को गहराईयें, माता-पिता का आदर करनाएं देशएं समाज व संस्कृति की जानकारी तथा

महत्वताएं परिवार व समाज में आदर्श व्यक्ति को जानना जैसे अनेक बिन्दुओं पर जानकारीयां दी गई। सेमिनार का शुभारंभ 11 एवं समापन 12 अप्रैल को हुआ। सेमिनार के समापन पर संस्था प्राचार्या सिस्टर संस्था ने टीम के सभी सदस्यों को बधाई दी एवं शुभकामनाएं प्रेषित कीं और कहा कि हम आशा करते हैं कि आगामी वर्षों में भी आप ऐसे सेमिनार का आयोजन हमारे स्कूल में करते रहेंगे।



# VOICE OF CHILDREN (VOC) & PY YAR MOVEMENT

**Institutions** : Don Bosco Ashalayam  
**Program** : VOC 4  
**Dates** : 17th April 2019  
**Animators** : Ms Sneha, Ms Himanshi, Chandra Sekhar, Nakul, Robin Hemlata Assuntha and Ajay, Simran.

**Institutions** : Notre Dame School & World Vision  
**Program** : FIG  
**Dates** : 27 April 2019  
**Animators** : Ms Himanshi, Sumita, Ajay .  
**Participants**: 14 Students

## VOC 4 : KNOW YOUR RIGHTS

The focus of VOC 4 (Voice of Children) is to ensure that the children become aware of their Rights. Often in our society poor children are taken for granted. There are frequent reports of child abuse both physical and sexual. This program aims at empowering children with the knowledge of their Rights.

## World Vision Face to Face with Notre Dame

Fourteen children from World Vision (7) and Notre Dame (7) meet together at Notre Dame school, Badarpur to have their Face to Face Interaction in Groups (FIG).

It was remarkable to notice that the children had taken the initiative to bring tokens of friendship, like gifts and flowers for their friends.



Fr. Joe gives the introductory talk emphasising on the importance of knowing one's Rights. The next VOC (VOC 5) will focus on how to live the Rights assertively and Proactively.



**A powerful way of building up Friendship is Sharing a meal.**



**Children are excited to present the four basic Rights in Drawing**





# YOUTH ANIMATION PROGRAM (YAP) & SPECIAL PROGRAM



**Institution** : St. Thomas School , Khalilabad  
**Program** : YAP  
**Dates** : 5-9 April, 2019.  
**Animators** : Sekar, Sumita, Sneha, Nakul, Simran  
**Participants** : 400 Student

**Institution** : DB ARK , Palam  
**Program** : DB ARK Team Staff Development  
**Dates** : April, 2019.  
**Animators** : DB ARK Team  
**Participants** : 10 Staff

## They may have Life in its Abundance

Youth Animation Programs of DB ARK get a new flavour with Out-bound activities t build up relationships among the students.



### Mr. Sekhar leading the students in an Out-bound activity

The insights the students get are more convincing. They are ready to act upon these insights to enhance the quality of their personality.



The students were excited to know that the follow-up program of 3D (Discover Develop Deploy) of Self and Others is LBO.

LBO focuses on Living By Objectives, where the students are become aware of the meaning of their life, and Values they live by. The fruit of the program is that they draw up their plan of life.

The students were eager to know when will that program be .

## DB ARK Research Team learns SPSS

Mr. Nicholas takes the sessions on SPSS (Statistical Package for Social Sciences) for the DB ARK Team. Since the participants were at different levels, the first session focused on the basics. The Second and Third session he focused on the application of this software to the researcher at hand.



Fr. Joe explains the need and importance of knowing SPSS package and its uses for the R&D Department of DB ARK. He also welcomed Mr. Nicolas who is associated with the Social Work Department of Sacred Heart College, Tirupattur, Tamil Nadu.



A Token of Gratitude to Mr. Nicolas from the DB ARK Team who appreciated the training very much.





# STAFF DEVELOPMENT PROGRAMS

**Institution** : DB ARK  
**Program** : Himanshi Birthday  
**Dates** : 30th March, 2019.  
**Participants** : DB ARK Team

**Institution** : DB ARK  
**Program** : Assuntha Birthday  
**Dates** : 30th March, 2019.  
**Participants** : DB ARK Team



*DB ARK celebrates the Birthdays of the staff as family event. The Birthday Celebrants look forward to the celebration specially to the part where every staff member identifies and appreciates good qualities and praiseworthy performance and expresses them in a candid and serene way with Love and Concern.*

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  
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Towards shores beyond