

ARK VOYAGE



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

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Captain Speaks...



QUO VADIS? (Whither the Youth of Today?)

Many young search for their identity in drugs, psychedelic music, break dance, in stripping, fancy clothing, fancy haircuts... some become masochists, others sadists. All these discover the emptiness in all these, and end themselves in Suicide ideation, or suicide threats,



Who am I ? What a search!

some even reach suicide attempts, and finally end up with suicide successfully completed.

LBO will guide you to your true Destiny!

An anti-dote to 'Emo' and 'Blue Whale'!!



LBO (Living By Objectives) is a Youth Animation (Life-Giving) Program developed by DB ARK, New Delhi.

It is a powerful anti-dote to the malaise of the present youth where their search for meaning and purpose in life has reached a dead end. Weak teenagers fall a prey today to the onslaught of Emo-Culture, and Blue Whale solution.

These taunts are used by the agents of evil and the misguided youth fall a prey.

It is in this context that Fr. Joe Arimpoor, sdb, a youth worker for the past 50 years, with his qualifications, experience, and reflections along with the help of the R & D

(Research and Development) Department of DB ARK has developed this LBO

program. It basically accompanies and guides the young to discover their inner core, the true identity, and learn to live the genuine values of the Scriptures, and plan their lives accordingly.

In the process of discovering the "Real Me", and making the efforts to stand up, they succeed in breaking the 'masks' they were wearing and to throw away the crutches they were supporting themselves on.



In search of identity through drugs, punk culture,...

☀ Captain Speaks...(Contd.)

In the 1960's the thinking youth realized that there is lot of emptiness in the artificial external show of the adults.

Corruption, infidelity, and religious show off made them react. They became allergic to the three-piece suite, classical music and dance, the well-kempt hair style, and traditional art. Their reaction gave rise to changes in dress, music, dance, hair style, and art – jeans, patches and frills in dress, the less the better approach in



Does she find the meaning of her life



Is this the end of your search!

dress, psychedelic music, break dance, punk hair style, and the modern art. These went through a new renaissance and got

stabilized today in their accepted versions by the adults too.

Psychedelic music and psychedelic drugs went hand-in-hand.

The Beatles and the Beach Boys popularized this culture. From psychedelic it moved to funk music, and later to the disco music.

Along with this development of music, drug culture too grew. From 1960's and 70's there emerged psychedelic hip-hop in the 1980's. It went further into the 90's with the cross fertilization between psychedelic and rap.

With the introduction of elements of sex, it reached an all high concoction.

At the bottom of it all, the young realized that this reactive expressions do not give a lasting solution, or discover the true meaning of life.



By the turn of the new millennium a new actor appeared on the scene – the Emotive hard core music, and the Emo sub-culture.

It looked like the expression of youth who were dispirited, angry with the society, feeling lonely, and depressed. They dressed in dark eccentric apparel.

Certain bands like 'Rites of Spring', and 'Embrace' pioneered the Emo sub-culture.

The search took a new turn when the



Is free sex , a solution ?

Emo culture started spreading.

This sub-culture spread through UK, USA, Europe, and Asia.

Fashions of emo-goth, pop punk, skater sub-culture, hip-hop, indie, skater clothing like tripp pants, etc. became popular.





Captain Speaks...(Contd.)



Emo can be used to characterize emotionally insecure teenagers or adequately describe what are emo people. **Some emos go to lengths to build a cult surrounded by the spectre of death and decay.**

Part of the emo experience is to succeed with enabling feelings of entrapment. The other definition of what does emo stand for, is a far more pleasant one.



Height of insecurity

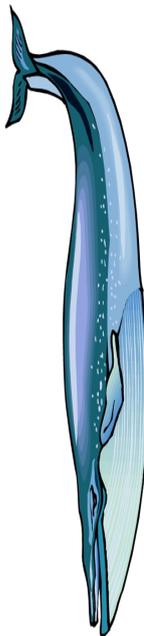


EMO GUYS

Musical innovation typify their style of music.

Emo people are classified in two different ways. Emo guys and Emo Girls. **Emo guys are usually men that are into grunge/soft rock/depressing music.**

Some might come across as cross-dressers as emo guys are seen to favor wearing mascara. They are almost always dressed in black and have a penchant for chain linked clothing.



Emo girls are very similar to emo guys.

An emo girl's clothes are characterized by the latest fashion accessories such as jackets with pins. Emo girls are normally introverted and prefer not to look you in the eye.

This fact is ably aided by their unusual hair style that covers part or all of their face.

Research gives sufficient evidence now to show connection between teenage use of social media and the promotion of suicidal behaviour. The latest in their market seems to be **the**



Blue Whale challenges the trap

Blue Whale Challenge, which is an online game. **The game is named so because sometimes whales beach themselves intentionally and die. In this game, an online administrator (curator) assigns tasks to its participants. The participants are given a period of 50 days to complete each task. The players are expected to**

take photos of them undertaking the challenge and upload them as proofs for the curator's approval. The last challenge is to commit suicide. Players of this game cannot stop playing because they are blackmailed and cyber bullied into completing the game.





Captain Speaks...(Contd.)

This deadly game has spread all over the globe, and in India there have been reports of children harming themselves and in a few cases even committing suicides, which are allegedly linked to Blue Whale Challenge.

More than six children across India in the age group of 12-19 years have taken their lives allegedly playing this game within a span of two weeks.



The Curator



Secret challenges / Tasks to be completed

Blue Whale is not a freely downloadable game, application or software. Children cannot access it on their smart phones through app stores or on social media platforms like Facebook.

It is shared among secretive groups on social media networks. The creators seek out their players/victims and send them an invitation to join.

Some of the challenges in this game are listed below. It may

not be a standard list of challenges and it is possible that curators of the game may come up with new ones.

1. Carve with a razor "f57" on your hand, send a photo to the curator.
2. Wake up at 4.20 a.m. and watch psychedelic and scary videos that curator sends you.



Completing the task



Lessons to overcome fear? To Death

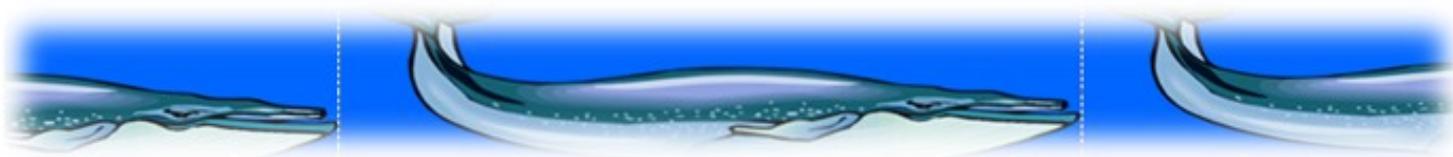
3. Cut your arm with a razor along your veins, but not too deep, only 3 cuts, send a photo to the curator.
4. Draw a whale on a sheet of paper, send a photo to curator.
5. If you are ready to "become a whale", carve "YES" on your leg. If not- cut yourself many times (punish yourself)

6. Task with a cipher.



The last task ! what a challenge !!

7. Carve "f40" on your hand, send a photo to curator.
8. You have to overcome your fear.
9. Wake up at 4:20 a.m. and go to a roof (the higher the better)



The Nation is concerned!

The Nation is concerned!

“The **Supreme Court** of India on Friday(Oct.13,2017) directed the Government to constitute an expert committee to suggest ways to “**control the alleged menace**” of the “**suicidal**” **Blue Whale game**, which is claimed to be the reason behind several deaths across the country ...



“Incidents of suicides and rescued cases have been reported throughout the country, particularly from **Assam, Odisha, Maharashtra, Delhi, Manipur, Chennai, West Bengal, Haryana, Madhya Pradesh, Uttarakhand, and the Union Territory of Pondicherry** . “There is a serious threat of life and rising deaths from this game/ challenge,” **Ms. Kalita** argued. (Hindu, Saturday, October 14,

LBO (LIVING BY OBJECTIVES)

AN ANTIDOTE TO THE DANGERS OF EMO CULTURE AND BLUE WHALE CHALLENGE

LBO (LIVING BY OBJECTIVES) AN ANTIDOTE TO THE DANGERS OF **EMO CULTURE** AND **BLUE WHALE CHALLENGE**
The R & D (Research and Development Department of **DB ARK** (**DON BOSCO ANIMATION AND RESEARCH KENDRA**)

after a significant Research on ‘**Youth Today**’ developed a Program for the young titled “**LBO - LIVE BY OBJECTIVES**”.

It is a three-day program for the young, conducted by youth trainers, formed and trained at **DB ARK**. It has three aspects:

1. **Discover the Core Meaning**, (the central meaning) one’s life.
2. **Clarify the values one lives by** – and learn and ‘**Plan to Live**’ the genuine values of the Scriptures.
3. **Set Goals, and Draw up Objectives to live a Planned Life based on the Core Meaning** and the Genuine Values they have discovered. Students remark at the end of the Program:

“Now we know why God has brought us to this world. Now I understand that there is a purpose in my life.”

“Why to run after the fleeting things of this life? Let me live the Meaning of my life to the full!”

“ I cannot destroy myself, and make my life meaningless!”

~ Fr. Joe Arimpoor, sdb



ONION CONCEPT

AN INTROSPECTIVE LOOK AT YOURSELF



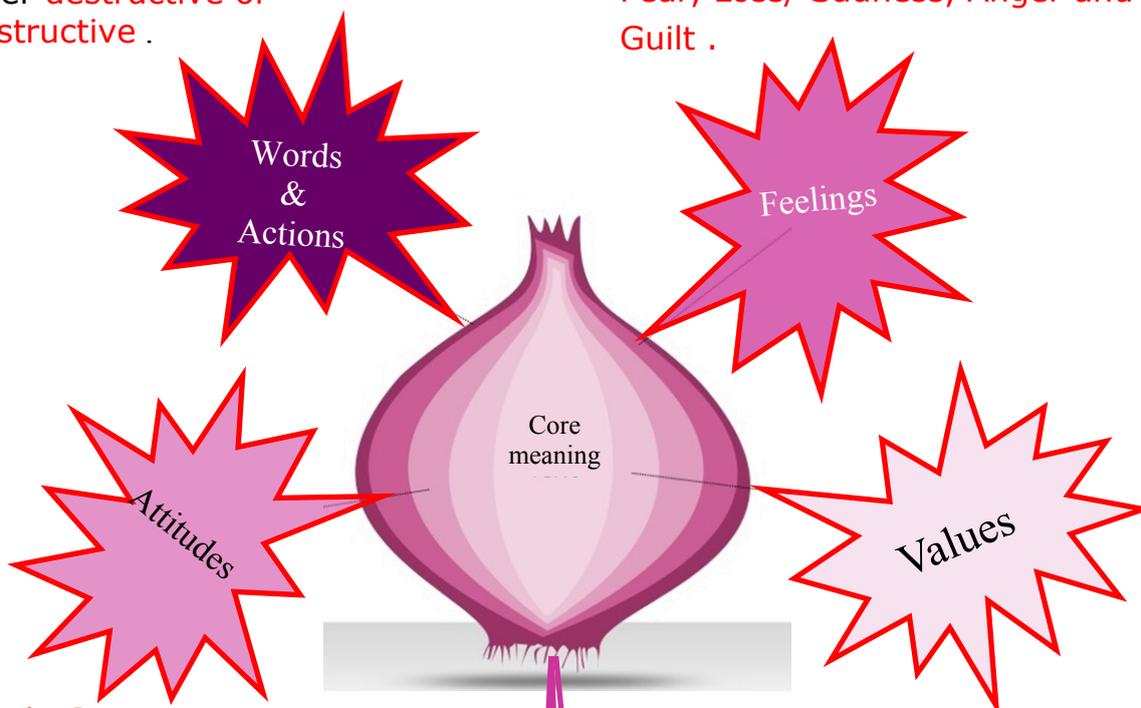
WORDS-

We need to take care of our words. The very moment of our life begins with words. Words are important factors in our life. our words can be either **destructive or constructive** .

Feelings-

Learn to recognize the difference because feelings decide your words & actions.

Fear, Loss/ Sadness, Anger and Guilt .



Attitudes-

A mental position with regard to a situation.

It decides the way we respond to a situation.

E.g. Negative attitude, positive attitude etc. Your attitude, determines your feelings. You have a negative attitude towards the self-development class.

Value- means giving up something and giving in to something. It is your preference .Value means worthwhile. Other wise there would be no difference between animals and human beings. We need to develop values like

kindness, charity, love etc. It includes Inner convictions, principles, basic idea about life, it forms itself very slowly through all the

Inner self-

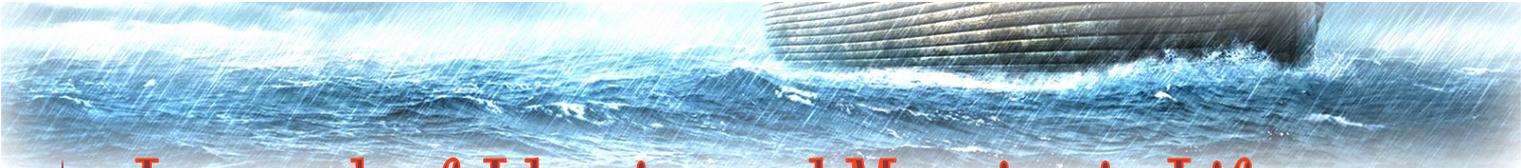
It is the core of inner personality. It is the spiritual or moral side of our personality.

When you are spiritual you become moral vice versa.

As the onions get spoiled some of the aspects of self get spoiled, so renewal or revival has to be done in those areas

"YOUR SUCCESS , PEACE & HAPPINESS IS HIDDEN IN YOUR INNER CORE. YOUR MUST GO THROUGH ALL THE LAYERS TO GET IT."





In search of Identity and Meaning in Life



The Master was a radical revolutionary of the times.

The enlightened people, especially the youth read through the contradictions of the society and respond/react.



“You Pharisees! You clean the outside the cup and plate, while inside yourselves you are filled with extortion and wickedness.”

Today’s cult of ‘Personality Ethic’ has gone so far that the ‘Character Ethic’ is suppressed or by-passed.

The issue seems to be in getting caught and not being honest. The children see this contradiction and reach the depth of emptiness in their lives.

They search for adults who are mature, serene and wise to accompany them to their final and true destination.





FIND YOUR VOICE AND EXPRESS IT



Every person has a unique, personal significance which one needs to find and live it.

The real greatness of a person is in

this discovery and fulfilling it. While this is the most significant mission in one's life, the challenge we face today in reaching it is indeed big and complex. Today we enjoy greater autonomy in all areas of life.



To find the core meaning of one's life, and to attain the clarity of the genuine values and live it require a new mind-set, and appropriate skill-set.

Here comes the need of the accompaniment of the young by a wise, serene and mature adult.

The 'Voice' of a person within is a voice of Hope, Intelligence, Resilience and the limitless potential to effect positive change.



This 'VOICE' recognizes, mobilizes, and channelize the natural gifts and strengths given by God.

It naturally energizes, excites, motivates and inspires one towards the optimization of the Passion from within.

There is yet another very powerful and effective gift God has placed in every one that is the Conscience, which assures you of what is right and prompts you to do it.

Deep within each one of us there is an inner longing to live a life of



greatness and contribution.

Until the young discover it and live it, they will continue to search for it.

This search takes them to many a deviant ways. Some of them are reactive in nature – rebel to norms, and rules, withdraw from the reality, may be with drugs, and alcohol, or try the violent ways.

Others try the proactive ways, may be sharing of the 'Good News' with others, playing the role of a transformational leader, in short, becoming a Change Agent in the society.

Once one has found his 'Voice' he is compelled from within to express it through various roles of

a Transformational leader/Change-Agent in society.

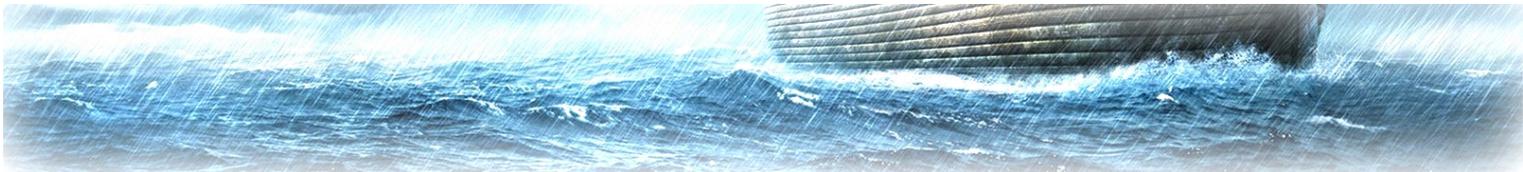
These people who have a vision, and dreams to live by. In the absence of great dreams one tends to be petty and continue to search for meaning in deviant ways.

A person, who has found his 'Voice' and tries to express it becomes so committed that he/she generates an energy, passions, and excitement that is immense and unfathomable.



Trying to suppress the "Good News"





☀ The Young need Accompaniment



Personal accompaniment is considered one of the most urgent needs of the young today. **The young is frustrated with the emptiness of the adult-talk and the contradictions they witness in their lives. Hence they are pushed in any direction to search for the meaning of their lives.** They look for persons of integrity. Finding none, they become desperate.

When good education, is coupled with appropriate formation, there emerges realistic self-awareness about themselves in the first place, and they grow in their capacity in reality testing.



The result of this process is the inner freedom, and self-transformation. A mature and serene accompaniment of a wise adult removes the Emotional blocks and empowers the young to grow into persons of integrity and maturity. **Easy victims of the new fads: Emo Culture/Blue Whale**

Those who are victims of negative beliefs about themselves fall an easy prey to such devilish inventions.

In my research it has been found that those with low self-esteem, or self-worth are prone easily to frustration and negative assessment of themselves. **This results in withdrawn and sulky behaviours.** Often



they are also victims of negative comparisons.

From their **'junkish'** feelings they are led to live a life of imagination or pretension. But all the time they know that it is a fake-life. **They start wearing masks and use crutches to uphold the imaginary image about themselves.** They crave for approval, appreciation, and words of compliments. They tend



to focus on their wounds, and perhaps follow the example of the dogs that like to lick them and make the wounds worse. It is at this juncture that the lucky youth finds a mature and concerned adult who is willing to accompany him/her. The youth hears the 'angelic' words from the adult guide that "God does not make a junk", nay He cannot make a junk.

Hence there is no one who is a junk. With the help of such a guide the youth breaks all the masks he/she is wearing and throws away the crutches he is using and gets oneself freed. This process makes the youth discover his/her true self and falls in love with himself/herself.



“A TRUE LOVE OF SELF IS THE SOLUTION TO MANY A PROBLEM OF THIS TYPE.”



Emotional Blocks:

Human beings are rational, but also emotional. When we want to share deeply something with another person, we share our emotions for we are actually a bundle of emotions.

It is possible for humans to arrive at the integration of emotions, reason and the spirit through training and a conducive environment.

Our decisions and actions are often shaped by our feelings; sometimes feelings count even more than reason or values. **Even in our interpersonal relationships, most of the problems have an emotional basis.**



Many of the present inter-group rivalries based on caste, tribe, religion, race, language, nationality seem to be based on fear, **suspicion and sense of insecurity** – all of which are ultimately rooted in emotions rather than reason. Even in the best of families, children have had some difficulties with parents and other significant persons in their life and carry with them a lot of unresolved emotional conflicts, festering like unhealed wounds. **Earlier a young person identifies an adult in his life the better for him to identify his true vocation in his life.**

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