

# ARK VOYAGE



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

December, 2018/ Vol. 7/ Issue 12

## Captain Speaks...

### POSITIVE PSYCHOLOGY AND PARENTING



What can I do to encourage grit in the people I care for?

The word *parenting* is derived from Latin and means “to bring forth.” You’re acting in a parent-like way if you’re asking for guidance on how to best bring forth interest, practice, purpose, and hope in the people you care for.

God has planted in children their own capabilities—their own destiny. Children carry within them the seeds of their own future. What they need is a good listening, and caring accompaniment with lot of trust in their capabilities to accomplish the purpose of their life - their vocation.



### *The Secret of Positive Parenting*

*Identify the “Vulnerable Spot for Good.” in each Child.*

*Extraordinary energy and optimism are released when this “Senergy Spot” is identified in children and triggered to action.*

It is also true that children need freedom, but also need limits. In exercising the practice of setting limits, parents need to rest more on their experience and wisdom rather than power. The basis of this approach is the value-clarification method where children are provided with stable points of reference for their value clarification experience. This is the strength of Don Bosco’s system of education where Reason, Love, God plays the vital role.

*Children need accompaniment of Parents, who can listen, understand and respond to their needs. Their needs of love, respect, and accompaniment remain throughout their life. But the Modality - Quantity and Quality - Changes with age and situations.*



## Captain Speaks...(Contd.)



Today parents and teachers take a back seat in the formation of the children/students since the weapon of punishments of any kind is taken away from them. They tend to a new parenting style of up-brining their children where undemanding, and unsupportive approach seem to be prevalent. Such neglectful parenting creates an especially toxic emotional climate.

### Are you a psychologically wise parent?

One of the major discoveries of parenting research is that what matters more than the messages parents aim to deliver are the messages their children receive. Don Bosco, in his wisdom, had said that it is not enough to love the young but they should know that you love them.

A few guidelines are given below if you want to check out and see if you are a wise and supporting parent.

#### You are a Supportive and Warm parent:

- If your children say that they can count on you to help them out if they have a problem.
- If you spend time just talking to your children.
- If you and your children do things that are fun together.
- If you really like your children to tell you their troubles.
- If you praise them often for doing well.



#### You are a Supportive and Respectful parent:

- If you believe that your children have a right to their own point of view.
- If you tell them that your ideas are correct and that they shouldn't question them.
- If you respect your children's privacy.
- If you give your children sufficient freedom.
- If you make most of the decisions about what your children can do.



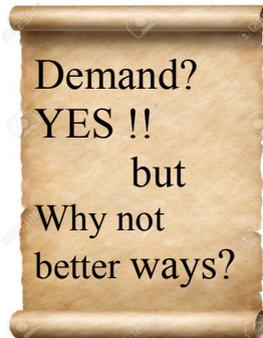
1. They value equality
2. They seek consent
3. They live by principles, not rules
4. They take Children seriously
5. They hear needs, not personal attacks.
6. They don't want obedience, but they value , empathy, cooperation, and problem solving skills.
7. They acknowledge feelings
8. They identify triggers
9. They focus on connection
10. They tell the truth
11. They explain themselves
12. They expect the best
13. They uphold personal boundaries
14. They apologise for mistakes
15. They keep going – They never give up. They listen, understand, and accompany.



## Captain Speaks...(Contd.)

### You are a Demanding parent:

- If you really expect your children to follow family rules.
- If you really don't let your children get away with things.
- If you point out ways that your children could do better.
- When children do something wrong, you correct them.
- You demand that your children do their best even when it's hard.



Growing up with support, respect, and high standards confers a lot of benefits, one of which is especially relevant to grit—in other words, wise parenting encourages children to *emulate* their parents.

A word of explanation on the **difference between imitation and emulation would be helpful.**

As the children grow older, they develop the capacity to reflect on their actions and pass judgment on what they admire and disdain in others. When the parents are loving, respectful, and demanding, the children not only follow their example, they revere it. The children not only comply with their requests, but they understand why their parents are making them. The children become especially eager to pursue the same interests.

If the parents want to bring forth grit in their children, first they need to ask how much passion and perseverance they have for their own life goals. Then ask themselves how likely it is that, their approach to parenting encourages their children to emulate their parents.

In fact, emerging research on teaching suggests uncanny parallels to parenting. It seems that psychologically wise teachers can make a huge difference in the lives of their students.

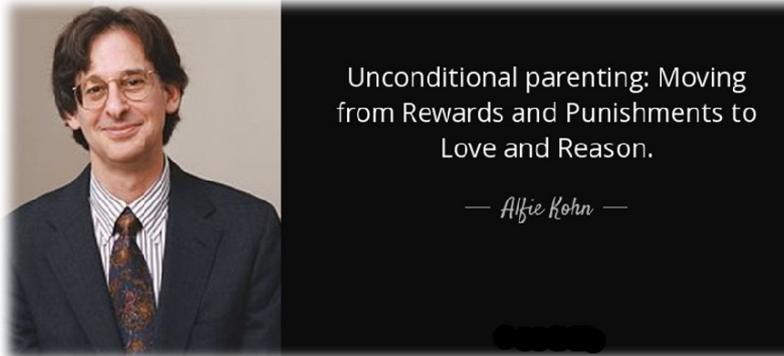
### Crisis in Parenting

We may not be wrong if we say that “we are all children of punishments.” Perhaps that is how most of us were brought up. When the families have become nuclear families, and further when the children are limited to one or two, parents have shifted from punishments to rewards in upbringing the children. Parents are afraid to correct their children any more. The resilience of children seems to have gone down. Hence parents are scared to correct the children because they are afraid of the consequences.

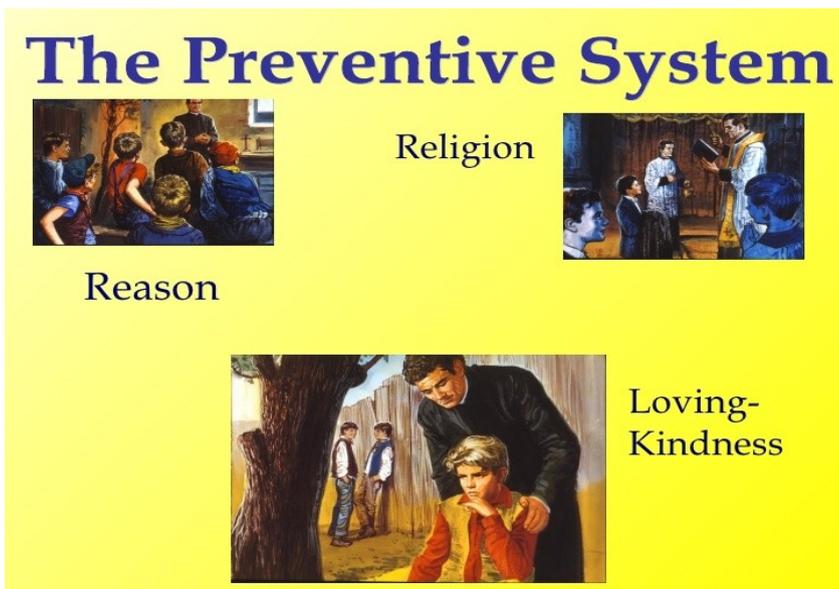


# ☀ Captain Speaks...(Contd.)

Modern researches, studies, and writings expose the negative impact of punishments on children when they grow up. Punishments may be of different types: physical, verbal, and discriminatory. Now even the Government has passed laws forbidding teachers and parents from using punishments in upbringing the children.



Books, like: “Moving from Punishments and Rewards to Reason and Love” (Alfie Kohn) emphasized on the need to stop punishments and get into the paradigm of Reason and Love. But Don Bosco goes one step further and states: ‘ Use Reason, Love, and God’. He called it the “Preventive System of Education”. This system is in vogue, in the Don Bosco Institutions around the world, in 132 countries. It has been further updated and developed incorporating the insights from modern psychology, and other Social. Adapting to various different cultural, and religious contexts today.



*“For God’s sake do not abandon your children to themselves, misunderstanding the modern injunction : ‘Move from Punishments and Rewards...’,but understand the law in its totality. Move from ... to Reason, Love, and God. Such an approach is enriched by the Animating (Life Giving) Presence of the parents and Educators among the young. Animating Presence would mean encouraging, motivating, inspiring and also correcting whenever needed.” (Fr. Joe Arimpoor sdb)*

~ Fr. Joe Arimpoor, sdb

# ☀ 30TH YEAR OF HOPE - CLARETIANS



**Institution** : Claretian's Seminary BANGALORE  
**Program** : 30th Anniversary of Project HOPE  
**Dates** : 9 January, 2019.  
**Animators** : Fr Joe Arimpoor sdb

## FROM BSW TO HOPE!! 30 YEARS CELEBRATION MILLION EYES FILM FESTIVAL AWARDS

Fr. Joe was proud of Fr. George Kannanthanam, a Claretian, who was a student of Fr. Joe for MSW at BSW Sacred Heart College Tamilnadu. He was the university rank holder. He was inspired to reach out to people who are challenged like Drug addicts, Leper Patients, and the Blind. right now he is very successful with his “**Project Vision**”. This is the 30th anniversary of the founding of Project Hope. MILLION EYES FILM FESTIVAL was the focus of the celebration.



Fr. Joe congratulates Fr. George for the success of his “Project Vision”.



**MILLION EYES FILM FESTIVAL AWARDS**  
on the theme of Eye Donation with 115 entries presented at Bangalore, as “**Hope Society**” completes 30 years



Fr Joe Arimpoor sdb at the inauguration of HOPE in 1991.



Project VISION

Founder of Sumanahalli Society for lepers



Project HOPE

\* MSW University First Rank

# GOOD NEIGHBOURLINESS PROJECT

**Institution** : DB ARK, Palam.  
**Program** : GNP - Don Bosco Fovorite  
**Dates** : 19 August, 2018.  
**Animators** : Fr Joe, Mr. Sekhar,  
Mr. Robin, Ms Himanshi, Ms  
Assuntha & Ms. Sneha.

A Don Bosco Institution loses one of its essential characteristics, if it does not reach out to its neighbour with Love and Respect.

DB ARK in its mission of identifying the need-based, relevant ministries, services and intervention, embarks on a new project called: "Good Neighbourliness Project."

**Who is a Neighbour?** Our common understanding is that one who is in proximity— A person who is physically close to us.

Going a step further, **How do we understand a neighbour from a Gospel (Good News) Perspective?**

A Good Neighbour is one who understands our urgent and strong needs, and reaches out to us.

DB ARK realised that there are neighbours around us who are socially and financially at the periphery of the society.



*DB ARK reaching out to children at the Traffic Signals and the Pavement dwellers.*

***"Aren't they our Neighbours ?"***

**Institution** : DB ARK, Palam.  
**Program** : GNP - Don Bosco Favorite  
**Dates** : 21st August, 2018.  
**Animators** : Fr Joe, Mr. Sekhar,  
Mr. Robin, Ms Himanshi, Ms  
Assuntha & Ms. Sneha.

There are others who are socially and economically well off.



The Urgent need is to create the awareness of this inhuman chasm created based on wealth, Caste and Region of origin.

Here Christmas was considered the opportune time to launch this new project termed as "Good Neighbour Project." A humble beginning to bring together these two groups separately and share the message of Christmas. Jesus included all and invited all of his kingdom. Even shepherds and Kings came to child Jesus separately. But by the end of his life, He brought them together. "That they may be one, By this they shall know that you are my followers."

The process of bringing these two groups is on "We can be Good Neighbours".

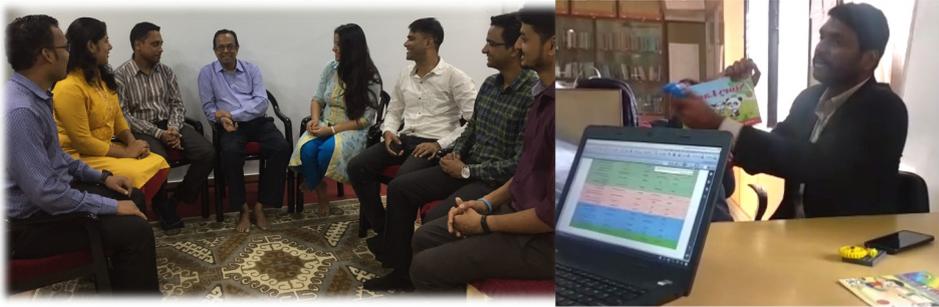
Don Bosco Institution shall become a "Prophecy" by itself.



# SMART CLASSES TO ROBOTICS AND MORE!



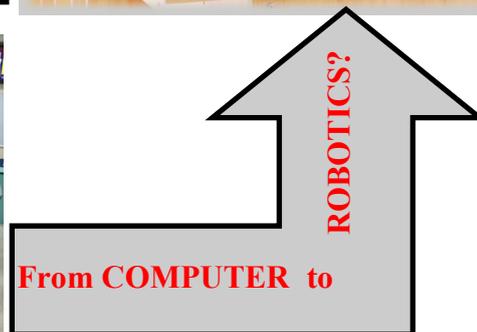
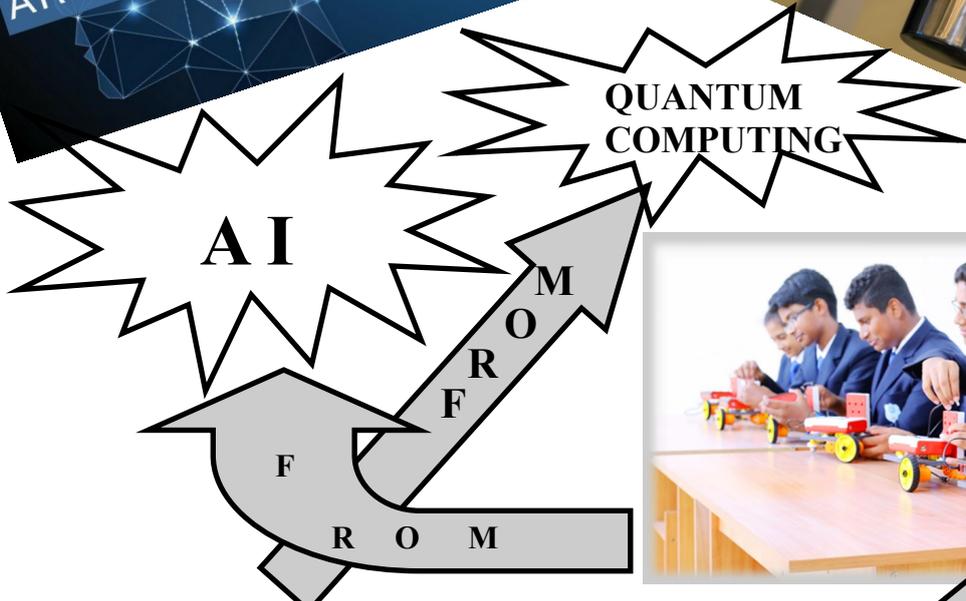
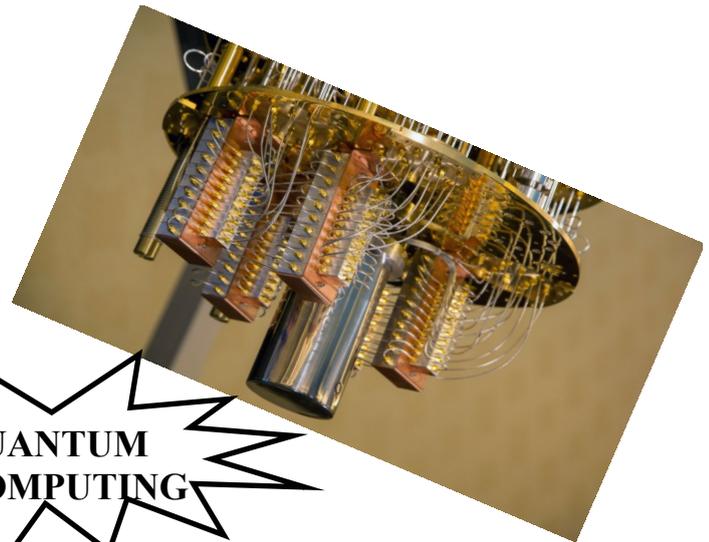
**Institution** : Db ARK, Palam  
**Program** : Robotics Orientation  
DB ARK  
**Dates** : 21st, August, 2018.  
**Animators** : Fr. Joe Arimpoor, sdb.  
**Participants**: 12 Animators



**DB ARK Team at Robotics Session**

## WHITHER TECHNOLOGY IN EDUCATION ?

DB ARK in its attempt to integrate Mastery and Mystery in Education, Efforts are made to understand the advancement in Technology, on the one side and to make the Education Holistic on the other side with the Spiritual Dimension as the focus.





# DB ARK CHRISTMAS CELEBRATION



**Institution** : Db ARK, Palam  
**Program** : Christmas for DB ARK Team  
**Dates** : 21st, December, 2018.  
**Animators** : Fr. Joe Arimpoor, sdb. And Team  
**Participants**: 12 Animators

Christmas is a time when the DB ARK family not only celebrates for themselves but make it a priority to reach out to the poor in the neighbourhood.

Celebration with the Lord in the Eucharist is an essential part of our Christmas.



Jesus is Born to us!  
It is our Mission now to make Him known to all



Santa Clause visits us in the person of Fr. Joe Arimpoor

The traditional practice of “Christmas Friend” wonderful way to build up the team and enhance the relationship amongs the members, Praying for each other is a powerful way to Think well, Speak well, and finally Do good to one another.

He whispered His message of Love  
Through the Angelic song :  
PEACE TO PEOPLE OF GOOD WILL!



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: FDR0001302  
The Federal Bank, Nehru Place, New Delhi

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Towards shores beyond