



Captain Speaks...

‘Talking about yourself’ is also a Skill



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Talking about yourself promotes democratic relationship . Let children have equal opportunity to share and talk about themselves.  
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When the awareness of the Human Rights, and Child Rights is very high in society, Parents and Educators have to learn to communicate in the context of the democratic relationship. They have to develop a particular skill of “TALKING ABOUT ONESELF”. This skill would require not only that one would be talking and sharing of oneself, but the young with whom you relate have equal opportunity to share too. It is not one of dominating, but it represents the gift of sharing oneself as a person and enabling the young to do the same. The following poetic statement expresses this idea well:

*Don't walk ahead of me,
I may not follow.
Don't walk behind me,
I may not lead.
Just walk beside me,
And be my mentor.*

Why do we need to talk about ourselves?

The old wise dictum from the Oracles of Delphi would say: “Know Yourself”. But today the psychologists would assert ‘make yourself known, and then you will know yourself.’

Talking about yourself would entail: revealing of the past, expressing your feelings, defining yourself, which may also help in creating a new self.

When you talk about yourself, and verbalize your thoughts and feelings you acquire greater insights about yourself. Sharing of yourself is at the heart of relationship. Often trust is enhanced, and misunderstandings are cleared when you reveal yourself by disclosing yourself. Talking about yourself is not just a matter of what you say, but also how you say it.

Talking about yourself and revealing oneself has certain risks and gains.

RISKS

- Being Rejected
- Being Misunderstood
- Breaking Confidentiality
- Using information against you
- Being unable to handle the consequences

GAINS

- Greater Self-Acceptance
- Greater Self Knowledge
- Increased friendship and understanding
- Defining yourself rather than being defined
- Standing up for yourself
- Greater control over your life
- Your Arena of free activity gets enlarged

☀ Captain Speaks...

However, a world of caution and prudence will be appropriate. One criterion to be kept in mind when revealing the personal information to the young is: 'Does it help you to attain your goals in relationship, in accompanying the children and the students towards their Vocational Fulfillment (God's plan in their life), and self actualization (a person fully human and fully alive)?'

When you talk about appropriateness in revealing yourself the following dimensions may be considered:

| | | |
|--------------------------|---|--|
| Amount | — | the quantity of information that you disclose |
| Topic Area | — | the areas in which you talk about yourself |
| Breadth | — | the range of areas that you disclose |
| Depth | — | the degree of intimacy of your disclosure |
| Timing | — | when to make disclosure in relationship |
| Situation Context | — | the occasion, and the environment which should be conducive. |

- * Talking about yourself promotes democratic relationship.
- * Let children have equal opportunity to share and talk about themselves.
- * Don't dominate, don't preach, just share.
- * Talking about yourself means developing your skills at least in three areas:
 - > First, in disclosing personal information to another
 - > Second, in expressing one's feelings
 - > Third, in defining the sort of person I want to be and communicating this to another.
- * There are risks and gains in self disclosure but gains outweigh the risks, if done prudently , pro-actively, and to build up relationship.



The way you define yourself through your disclosures is a vital part of your contribution to making your relationships. Not only poor relationships are made good, but also good ones to better ones.

- Fr. Joe Arimpoor, sdb

☀ Teachers Enhancement Program (TEP) ➡➡



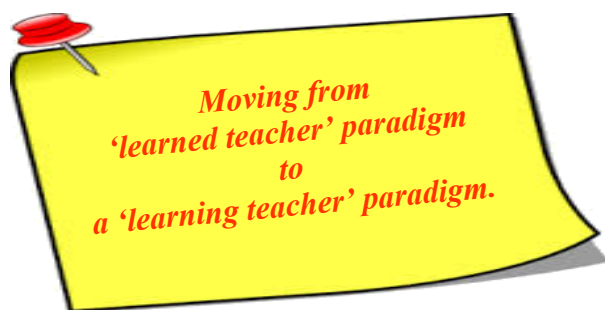
Place: Christ the King Convent School,
Kapurthala

Date: 5th & 6th April, 2014

Resource persons: Fr. Joe Arimpoor, and Mareena
Participants: 92 Teachers

*As the Quality of the Teachers
So the Quality of the School !*

Teachers Enhancement Program at Christ the King Convent School, Kapurthala was conducted envisaging the need for Creative, Innovative, Dynamic and Visionary educators. If knowledge doubles itself every three years, as research tells us, then it is so evident that teachers who do not update themselves get outdated.



Fr. Joe challenged the teachers to look at the present education system from his presentation on the NINE INTELLIGENCES.

The participants were thrilled with the 'angelic message' that all are gifted with the nine intelligences. Further it was very convincing when Amir Khan spoke to the participants through a short video clipping: **"Every child is special"**. Each child is gifted with the nine intelligences in different combinations. The real challenge to the teacher is to identify the uniqueness of each child and accompany him or her to their realization.

At the same time, care must be taken that the students have a 'Holistic' formation. The students should be provided with opportunities to develop their various abilities.



"Identify the uniqueness of each child and accompany them to their greatness" Fr. Joe Arimpoor, sdb

The participants were eager to have one more seminar by Fr. Joe Arimpoor sdb, on the **NEW PEDAGOGY** where the parents and teachers are asked to move from Punishments and Rewards to **REASON, LOVE, and GOD**.

The resource person was emphatic on the need to respect the Rights of the Children and stop punishments of any kind. The teachers stated their helplessness to deal with the children if no punishments of any kind are not allowed. Hence it was felt that there should be a follow-up of this seminar to focus on the New Pedagogy of Reason, Love, and God.



Clarion Call



Schools. . . **empower your teachers to display their leadership qualities.**



Awaken the **sleeping giant** of the **teacher leadership** that has unlimited potential in making a difference in taking our schools once again **trend setters** in education today.

Teachers Enhancement Program (TEP)



Place: Little Flower Convent School,
Guru Harsahai, Punjab
Date: 10-04-2014
Resource persons: Fr. Joe and Mukesh George
Participants: 30 teachers

Shape up or ship out!

The teachers of this school were surprised to see the challenges they are facing. Many of them realized that they have to come out of their comfort zones, and get into the ranks of a New Brand of teachers who get into the paradigm of 'continuous improvement'. They decided to act on their insight: "Aahaaaa! A 'learned teacher' (one who stops learning), can be a dangerous specie in the field of education". Hence their action plan focused on 'how to be a "learning teacher"'.



Fr. Joe says: "The secret of a quality good school is
CITRA Teachers
(C-Committed, I-Integrated, T-Transparent, R-Reliable,
A-Available)



Place: St. Mary's School, Faridkot, Punjab
Date: April 11 & 12, 2014
Resource persons: Fr. Joe and Mukesh George
Participants: 90 teachers

Decide where you want to go, and make it happen

Only those who picturize their dreams will be able to seize their dreams! Fr. Joe remarked schools without clear vision do not accelerate their growth. The real spurt occurs when adequate strategies accompany these visions.



"Teachers, unless you take 100% responsibility to take your school to greatness, it won't happen." Fr. Joe Arimpoor, sdb

The seminar focused on the challenges that the teachers have to respond to take their schools to higher heights.

One of the teachers remarked: "unless we stop playing, the game of 'passing the buck', and take the responsibility to become effective and up to date teachers and we will remain an ordinary school!"

The teachers expressed the need for such seminars on a more frequent basis.

Education needs to be reinvented

*Why can't education form good, balanced human beings !!!
Why not move from an exaggerated, syllabus and exam oriented education
to a Whole-Person-Paradigm in education !!!
Will educated person be equal to an Honest Citizen, a God-Loving Person
and a Good Neighbor !!!*

☀ Youth Animation Program (YAP)



Place: Peace Club, Jammu

Date: 22nd April, 2014

Resource persons: Mukesh George & Assise

Participants: 60 students from 5 schools of Jammu.



*Peace without justice and
equality is not a lasting
peace !!*

There is a leader in you who always proves itself in the required scenario. That's how the people have done the great things and are doing even today. There may be leaders of different types.



'When there is no trust the speed gets reduced, and cost gets increased' - Assise

One can lead the whole team in a completely wrong direction. Often it may be due to the style of a leader - a tyrant, a bossy or an autocratic leader. Above all a leader should be able to see the future in the present. He or she is able to visualize the future and develop adequate strategies to reach there. The message finally was very clear to all that "a leader should be able to build trust among the team members."

Humpty Dumpty (a group activity – outdoor) brought out beautifully this aspect of Team Work as it demands creativity, initiative, a repertoire of ideas to execute the task. Working in groups of people who may think and function differently, how do I react? What behaviors are displayed when one works under pressure. "Coordination is what was lacking in our group, though there was somebody who emerged as a leader", says one girl participant in the analysis part of the activity. "There were many more wonderful ideas in our minds but only a few came up!" and it brings the awareness of listening to each and everyone's ideas in the team and value them regardless whose idea to be actualized.

✦ Religious Animation Program (RAP) ➡➡



Place: Calicut AC Provincial House
Dates: 29th and 30th
Participants: 18 Sisters

CET is set to Rise to Higher Heights

There is a general awakening among the educators of the leading Catholic Schools in India to respond to the challenges in Education in the 21st century. In the last century, Christian schools played a significant role in setting high standards in education. So much so, in most of the major cities and towns of India, Christian schools would be sought after for quality good education.

The Congregation of the Apostolic Carmelite Sisters had won the 'good name' of quality educators. The leading educators and principals of the province of Calicut, in Kerala came together for two days with



Rise once again to be "Leader-Schools" in education



Peace Club Convention - Karyal, Punjab
Date: 26th April, 2014
Participants: 280 Students
Resource Persons: Mukesh & Assise

Everybody wants peaceful life and yet becomes selfish to demand peace from others without realizing his / her role in the process. One needs first of all the awareness of the importance of being firm and peaceful. What society needs today is the same thing again but it has got its own way of establishing. It begins from within.

There are burning flames of **unmet needs** and negativity inside most people. That's why they are restless and anybody who comes in contact with them is upset.



Apostolic Carmelite sisters are eager to define their AC School culture.

Fr. Joe A.rimpoor to identify the most significant challenges that the AC Sisters are facing in their school education. In the first analysis they focused on three major challenges:

- Quality Good School
- Quality Good Catholic School
- Quality, Good, Catholic, AC School.

They heard the clarion call of the need for a new brand of:

- Management + Principal
- Teachers

The group felt the need to articulate the AC School Culture along the twelve areas spelt out by Fr. Joe. A task force was setup to complete the task.

In my innocence or lack of awareness I don't realize and start playing blame game and contribute to the violence. So the key point in order to establish peace is that I become aware of myself and **my role** in different spheres of life. It is very well explained through "**Betari Box**".

The Betari Box is a model that helps us to understand the impact that our own attitudes and behaviors have on the attitudes and behaviors of the people around us.

The Betari Box



Voice of children (VOC)



VOC - World Vision Faridabad

Date: 14, 15 & 16 April, 2014

Participants: 19 children

Identifying the vulnerability level in the children with brokenness is our concern.



Every time the ARK Team of animators face the challenges of VOC participants. The first task is to establish the magnitude of the vulnerability and the residual effect of the traumatic experiences that children have gone through. The administration of the vulnerability index gives insights into the magnitude of the trauma. **The severity of some of traumatic experiences is very high.** In other cases though the severity is of low nature, the frequency exacerbates the consequences of trauma on the children.



They were blind to the impact of their 'brokenness'

The World Vision team also finds it difficult to identify the children who have gone through severe traumatic experiences. On the one side children are not spontaneous in revealing their traumatic experiences on the other side qualified and competent personnel are not available to accompany these children.

Once the children reveal the intense negative experiences they have gone through and their consequences on the lives of these children, the challenge of DB ARK animators to assess the degree of the residual effect on these children.

Based on the symptoms shown by the children as they open up and share their negative experiences with the animators, the animators are able to gauge the effect and help them disassociate the negative ideas connected with entities involved. Once they are able to do so, then the animator takes them along to deal with the real problem. But **what is important in this process is, their knowledge about the residue and the real cause for it then the accompaniment makes sense.**



The children get a clue to their brokenness through these photos

The children are very hopeful that VOC can bring about a significant change in their lives. One of the participants remarked: "If only I could become 'Whole' once again !"

Special Programs

Wishing you lots of joy and happiness on this special day. May it be the start of a wonderful and exciting life together for both of you.

April 28th, 2014



Fr. Joe Arimpoor went all the way from Delhi to Marykulam, in Idukki District of Kerala state to bless the wedding of Mr. Jose James, first staff of DBARK. Mr. Jose had contributed a lot of his creative energy to shape the structure & culture of DBARK.

Now Jose is in Toronto, Canada, a Social Worker. DBARK wishes him and his wife a very happy and blessed married life in the new land of Canada.

Fr. Joe gave the young couple a recipe for their happy married life:

"The Language of Love does not speak of minimum obligations but a Maximum Possibilities."

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Towards shores beyond

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