

Ark VOYAGE



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Captain Speaks...



Defining and Asserting Yourself

The capacity to assert yourself is an important part of defining yourself in relationships; Assertion may be looked at from different perspectives: (Psychological, religious, and existential or personal responsibility) In the psychological view point, Assertion can be understood as the capacity to express your wants and feelings and to stand up for your rights without violating others' needs. Assertion in relationship entails responsibilities as well as rights, caring as well as being cared for, and giving as well as receiving. It also implies the appropriate expression of your needs, feelings and rights.

The New pedagogy emphasizes on educating the young in assertive brings Rights approach is a significant part of assertive living. No lasting and mature relationship is possible unless individuals learn to live assertively; neither submissive, nor aggressive ways strengthen good relationships.

When we consider assertion from a religious perspective, it has to understand as one willingly and deliberately giving up some of one's rights in favor of a higher motive than one's own needs and feelings. Hence it cannot be called a submissive behavior. In such cases reaching out to God, and being in service to one's fellowmen, one willingly and happily gives up his or her own needs and rights.

Going further to understand assertion from personal responsibility view individuals make choice that are conducive to their survival and fulfillment, personal responsibility view of assertion focuses on the need for people to be positive and constructive individuals who can meet both their 'own and others' needs in their relationships.

In a submissive culture and families individuals find it hard to acknowledge the legitimacy of their wants and wishes, while in an aggressive culture or families people trespass other's rights and violate others' feelings.



☀ Captain Speaks...

Hence it is important that parents and educators cultivate an atmosphere of assertion. Allow and promote children and students to be assertive, demand their rights, acknowledge the legitimacy of their wants and wishes, and at the same time respect others' rights and feelings. In promoting asserting living it is important that both parents and teachers, as well as children and students develop courage to stand up to others' negative behavior and to their attempts to define you on their terms rather than your own.

A technique that one has to practice in using the skill of asserting oneself is to move from the use of 'You-blame' to the use of 'I-rational' statements. In 'I-rational' statements individuals state how they feel and why they feel that way in a calm and rational fashion, use of 'Reason' is at its highest. 'You-blame' statements focus on defensiveness by accusing others, and belittling them. The 'I-rational' statements follow an F.E.R (Feeling, Explanation, Request) format, F is how you feel. E is your explanation of why you feel that way. R is your request for your need.

Being assertive entails expressing me positively as well as being able to cope with others' negative behaviors. I can assert myself by communicating my wants and wishes clearly, by taking initiative, and by consciously making effort to 'be likable and to express liking.

- Fr. Joe Arimpoor, sdb



Youth Animation program (YAP)



St. Joseph's Senior Secondary High School

Baramullah, Jammu and Kashmir

Dates: 2nd to 5th, June, 2014

Number of Participants: 495 students

Resource Persons: Sophy, Assise, Bijay, Abi Jose , and Manish

June 2 to 5, 2014 – YAP at Baramullah

'Life is like a race' someone said beautifully. Then we are players and being a player it is our duty to win it with harmony not with discord. It would only happen if we understand our self and others both. This is also a fact that in this era "Slow and Study can't win the race". Then what we need "Fast and Consistency". It is very true but this would not isolate people from their basic duty i.e. Knowing our self, Believing in themselves, awareness about self and others, the relationship with the people in the family and surroundings.

Hence Life race is unlike just a game of race. Here we need to understand the actual meaning of the race and our research team had developed YAP by seeking all these in their mind.



DB-ARK conducted a 5 days YAP in St. Joseph's Hr. Sec. School, Baramullah, and Kashmir. The program had gone well. The mass number of Participants shared their problems with our animators and learned a lot from the session. At the end of the program we asked them to write the decision they have taken and the majority of them mentioned-

***Respect family and others**

***Help the needy one**

***Understand others problem and help them**

***Make their relationship strong with people around them, and the most important and best decision was the "ARK a day."**

These are the signs that our motto of the session completed. They understand themselves as well as others. We are sure their life would have full of success only they have to stand the decision they took. We are praying for all the Participants to have a beautiful life.



Teachers Enhancement Program (TEP)



**Mount Carmel School , Bhopal,
June, 9&10, 2014
Participants :45 Teachers.
Resource Persons: Fr. Joe & Mr. Bijay**

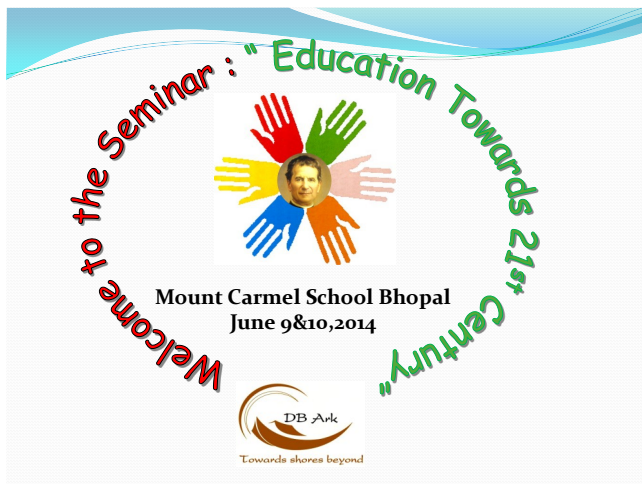


**Date: 16 June 2014
Place : Auxilium School , Dum Dum , Kolkata
Participants : 58 Teachers
Resource Persons: Fr. Joe & Bijay**

Quality Education to the Elite, or Reach out to the poor?

One of the questions that challenges most of the Elite catholic schools is: "Are we resting on the laurels of the past?" these seems to be two significant groups among the leaders and managers of catholic schools in India.

One group is happy with the present system – our name and brand is good – these is still a big rush for admissions. We are doing well Second group. the education scenosion is fast changing in India. The new players entering the field have to capacity to mobilize large capital and consequently provide upto date qualities, and extra-curricular activities. Even though fees are very high there are takers for the some.



Against this scenario the leaders and managers raise the question: "Should we compete with them?"

There is a third group our mission and the target client are clear – the poor and the marginalized decent quality and good education should be made available to the poor and the middle class. For thr, we have a special duty to reach out the christians and provide education imbued with the values of the gospel.

*Should education be re-invented?(It so, how? What steps.

*Should we compete with the new players entering in the field of education?

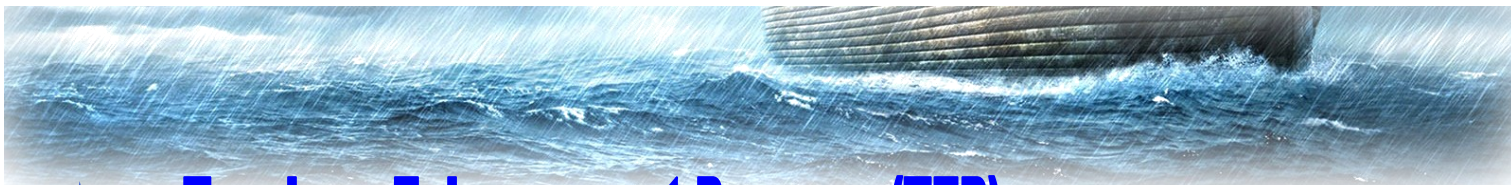
*Should we focus on our target clientele.

The teachers of Auxilium School, Dum Dum were very happy to realize at the end of an introspective exercise that they were good in the practice of Preventive System where Reason, Love and God are focused on. They did not feel the need to use punishments in forming the students. A second factor that they were happy to discover in their education program was the fact that they were focused on the evangelization in a multi-religious context.

The teachers were almost unanimous in suggesting that the school must respond to the technological development in the society. May be a new-mind set or a new paradigm is needed.

Fr. Joe presented 12 points on which they could develop the "Auxilium School Culture! The management also felt the need to set a special team to work at developing their school culture. The resource person suggested the various resources that will help in culling out the elements of an Auxilium School Culture





Teachers Enhancement Program (TEP)



Carmel School, Amlai, M P

June 18 & 19, 2014

Participants: 56 teachers

Resource persons: Fr. Joe Arimpoor & Bijay



Place: St. Paul's School Chittorgarh, Rajasthan

Date: 20th & 21st June, 2014

Resource persons: Mukesh George & Mareena Thomas

Participants: 30 Teachers

Topics covered: ACI, MIT and Team Work.

What the teachers Said at the end of the seminar

"Clarity of the vision will release more energy in me towards the achievements of the vision of the school."

"If we follow the nine principles of the new pedagogy of Reason, love, and God, we do not need to punish the students at all"

"We need lot of patience and practice to make our presence among the students a 'life -giving' presence."

The resource team was happy to know the insights that the teachers received as a result of this seminar



"What teachers make?" is very powerful question and yet so relevant for a teacher. What matters at the end is the difference made by an educator in the life of the students. It may seem very small in the beginning but it has its own significance in young ones' life. These changes are being made while they are in the school and if we don't take time to discuss and reflect over, it may go unnoticed and not be fruitful.

The "Good Element" is beautifully brought out in the young when I, as an educator, share my vision with my colleagues. The vision of giving an all round education (Holistic education). So it is important that we work as a team with our visions aligned to the greater vision of the school and hence we will be able to draw out the best from the students. Because the education is not complete until they become aware that they have "Good News" and not only that they are aware but also the education nurtures it till they are able to share it with others.



"All this is possible only if I can relate with my



Teachers Enhancement Program (TEP)



Good shepherd school Shahdol, MP
June 20 & 21, 2014
Participants: 80 teachers
Resource team: Fr. Joe & Bijay

The teachers of "Good shepherd school" were happy to understand the seven qualities of the "Good Shepherd". They were almost unanimous in saying that they practice three of the seven qualities, namely: Knowing the "sheep" (students), Accompanying the "sheep" and Running after "lost sheep".



They felt that, they need to focus in protecting their students from media and digital world. They considered that their willingness to make sacrifices had to be improved to become more committed good shepherds.



Holy Cross School Najafgarh , Delhi
Date : 30-6-2014
Participants : 50 Teachers

In this one day seminar, Fr. Joe attempted to awaken the sleeping giant of Teachers-Leadership in the participants. He firmly believes that the teachers really make the difference in the quality of the School.



One Teacher remarked in her concluding speech: "Fr. Joe , it is not fair that you awakened the realization of this great potential in us, and leave. Please come back and guide us to empower ourselves to activate this great potential."



Maria Assumption Convent School
Kashipur, U K
June 27 & 28, 2014
Participants: 55
Resource person: Fr. Joe Arimpoor & Mukesh

Fr. Joe challenges the teachers to develop a brand for themselves. He calls it "CITRRA BRAND of Teachers". "CITRRA Stands for Committed, Integrated, Transparent, Reliable and



After every seminar for teachers, Fr. Joe gives a "Take Away" to the participants.



**PRAYAS Children Home Jahangir Puri,
Delhi**
Date: 24/6/2014
Rubina, Assise, Arjumand, Sunny & Sophy



**Kilkari Rainbow Home
Kashmiri Gate , Delhi**
12th June, 2014
Rubina and Assise

Ark team visited Prayas Children Home with the objective of giving orientation to these children about PYYAR. We were told that there were about 140 children altogether. But when we visited the home we saw our target group that is children between ages 12 to 18 were only about 80 in numbers. We gave orientation about PYYAR to them and almost 72 children were excited and they got themselves enrolled in the program.

ARK team members Rubina and Assise went to Kilkari Rainbow Home to give PYYAR orientation to the girls. And they successfully enrolled 40 girls.



NIPUN Meera Bagh, Delhi
3/7/2014
Rubina, & Assise

The ARK team left DB ARK around 12:30 as we had to reach NIPUN by 3 pm. Once we reached there we meet Jyoti who is the Program Head. We started our program around 3:30. Total number of students participated were 40 Children out of which 35 children enrolled themselves



☀ **Voice of Children (VOC)**



***PYYAR Movement attains greater significance through the launch of
ARK (Act of Random Kindness) Revolution***

Love is
too wonderful not
to be expressed

***PY-YAR Movement is
giving birth to
ARK Revolution***

***Students are vying with one
another to do an ark a day and
create another world of love
and concern.***

Love isn't love
unless you
express it !

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