

Ark VOYAGE



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

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Captain Speaks...

Towards a New Pedagogy for Our Times

Helpful Responding - Next Skill in Relationship Building



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*Reflective Responding involves communication back to them that I have picked up and understood their words and feelings.*

*I can also respond helpfully to others if I aid them in their problem- solving.*

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Effective listening leads to 'Helpful Responding'. Responding with understanding is yet another skill that is very much needed in dealing with the young. The parents and educators need to enter into the world of the young and understand what is going on both at the surface level, as well as at deeper level. **Such understanding needs to be responded with love and empathy.**

In order to respond in an effective and helpful way educators and parents need to develop two **sub-skills under this skill**, they are:

- (a) **Develop the fluency in paraphrasing or restating what the youngster has said**
- (b) **Develop the fluency in mirroring the emotional tone and meaning of the message they have conveyed.**

In other words, we need to understand content and feeling of what the children say. The feelings need to be correctly identified and the intensity of feeling needs to be expressed. It is **indeed an art and a skill to be able to keep the balance between ignoring feelings of the children, and the over emphasis of the feelings contained in the messages transmitted by the students.**



*You're listening to me !
Will you respond helpfully too?*



'Helpful Responding' would also mean:

- (a) To help the youngster to understand a problem, wherever possible from the causal perspective
- (b) Challenging the children and inviting them to do something about it.



Captain Speaks...

Facilitating the children and the students to understand their own problems can be a complex activity. **Questioning is yet another sub-skill** that help the youngster to understand his or her problem. While avoiding probing questions, questioning can help them to identify, explore, clarify, and develop their understanding of their problem areas. Finally, questions can help the youngster to develop how best to act.



There are four possible helpful kinds of questions:

(a) Elaboration Questions

These questions give the opportunity to the children to expand on what they have said already.

E.g.: 'Would you like to elaborate?' 'Is there anything more?'

(b) Specification Questions

They aim to elicit detail about a problem area.

E.g.: 'When you say he upsets you, What precisely happens?', 'When?', 'How many times?'

(c) Focusing on Feeling Questions

These questions aim to elicit the feelings generated by problem area.

E.g.: "How do you feel about that?"

"Would you care to describe your feelings?"


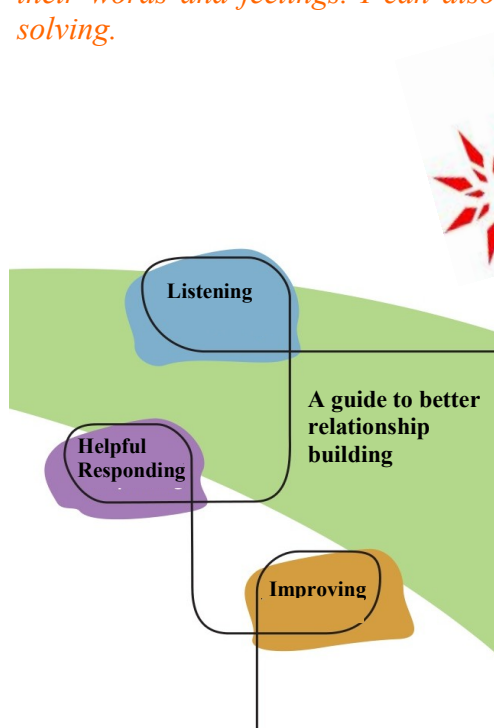
(d) Personal Responsibility Questions

These question makes them realize that they too have a share in solving the problem.

E.g.: "How do you see your own behaviour contributing to the problem?"

"Are there any ways in which you could be helping youngster more?"

Reflective Responding involves communication back to them that I have picked up and understood their words and feelings. I can also respond helpfully to others if I aid them in their problem-solving.



I, as a parent / teacher can help my child / student to define their problems in tangible behavioral terms and in setting specific goals.

Thus I can be most effective as a helper if I can help the youngsters to help themselves.

- Fr. Joe Arimpoor, sdb

Teachers Enhancement Program (TEP)



Carmel Convent School, Kunjwani, Jammu

Date: August 1st & 2nd, 2014

Resource Persons: Fr. Joe & Mr. Mukesh

Participants: 36 Teachers

Teachers need to be Challenged

Fr. Joe Arimpoor, the resource person posed twelve challenges, the School Education is facing today. The teachers were unanimous in stating that they were helpless in dealing with the students without any form of punishments.

The teachers realized that it is not just some skills and techniques that they have to acquire, but much more, they have to get a new mind-set – a radical paradigm shift.



Teachers are excited to discover their God-given gifts through an MIT exercise

As one teacher put it: “We need to be convinced, both from a Value Perspective, and Psychological perspective that students need to be treated with Respect, Love, and Reason.”

The teachers wanted a couple of seminars and workshops to get a new mind-set, and the adequate skill-set to practice the New Pedagogy.

The teachers were enthusiastic about the “DAAD Revolution” launched by Don Bosco Animation and Research Kendra. They felt that if the students got into the habit of doing an ARK (An Act of Random Kindness) a day, they will develop a compassionate heart and become more loving and lovable.



Mera Pariwar – Gurgaon &

Don Bosco - Jhajjar

Date: August 8th & 9th, 2014

Resource Persons: Mukesh & Mareena

Participants: 12 Teachers

**Why Quality Good Education. . .
only to the Elite Schools?**

Quality education to the poor and the marginalized is a challenge thrown to DB ARK. The first step in this direction is a series of training and animating programs for the teachers of these schools. Motivating these teachers has to be followed with better methods and appropriate skills.

“Above all, the teachers should, not only love the students but the students must know and experience this genuine love and concern for their betterment”. The teachers are enthused with the training program as they are having such experience for the first time.



Education is relationship; and Trust is the key to Relationship Building. An exercise on Trust Building.

As one of the participants put it. “I never realized that I have to express my love and concern for the betterment of the students.” The resource person had stated: “It is not enough to Love the students, but they must know that you Love them.”

Teachers Enhancement Program (TEP)



Fatima Convent School, Ghaziabad

Resource Persons: Fr. Joe & Marina

Date: August 23rd & 24th, 2014

Participants: 80 Teachers

A 'School Resource Center'. . . An Urgent need

The teachers responded very positively to the challenges posed by the resource person to bring about a renewal in the school, especially on the occasion of its Silver Jubilee.

The participants felt that the most urgent need is to provide a well-designed and effective counseling service to the students. The counseling offered, as of now, is very inadequate. Besides, there is so much of 'social stigma' attached to seeking counseling service.

A creative problem solving session

The resource person had a 'Blue Sky Thinking' Session (Traditional 'Brain Storming' Session is termed as Blue Sky Thinking Session, since the former is considered as pejorative) with the staff and came out with an innovative intervention, namely, a School Resource Centre (SRC).

It is a Multi-Resource Centre where students, teachers and parents go for various facilities like good literature books, counseling, information on education (career guidance, scholarships, short certificate courses, etc.) A team of teachers will be given a Short Training programs in counseling, listening, information search and such areas where students yearn to seek guidance and make informative decisions rather than grope in the dark.



"How best can we offer the best counseling service to the students?", Fr. Joe Arimpoor



Inauguration of Don Bosco's Bicentenary August 16, 2014



The ARK team with Fr. Provincial and others of the House

The DB ARK team joined with the rest of the staff of the Provincial House in the inaugural function of the Bicentenary Celebration of Don Bosco, where the Provincial and other Salesians were present. One of the ARK Team exclaimed: "We can't imagine that the dream of a 9 year old boy (Johnny Bosco) has such an impact that youth and educators in 132 countries are celebrating the 200th anniversary of his birth. We are proud of being part of this team— part of His Dream."

☀ Voice of Children (VOC)



VOC-6 Asha Niwas- Holy Family, Najafgarh
Date: August 8th, 9th & 10th, 2014
Sophy Philip, Rubina Khaliq, Arjumand Shaheen, Nidhin James



VOC – 6 World Vision -Lajpat Nagar
Date: July 31st, 1st, & 2nd August, 2014
Sophy, Bijoy, Arjumand, Abi Jose, Nidhin

**Joy of the ‘Good News’ experience
 has to be shared**



**Young Evangelizers ready to go forth
 to share the ‘Good News’**

Words of Appreciation from the participants: “VOC program has helped us to understand the causes for lot of our problems now in our lives. The best and angelic message that we received from this experience of VOC from the beginning to the end is that- many begin life well; but end badly; others who had a bad beginning end well. We have full hope that we can live well, from now on and end well.” Thank you ARK brothers and sisters (ARK Team) (Don Bosco ARK से आये भैया और दीदी को धन्यवाद !)

Young Evangelizers



**Religion is not a barrier in sharing
 the ‘Good News’**

In the sixth module of VOC, (VOC – 6 theme is Young Evangelizers) where children who had been victims of traumatic experiences realize that their passage to ‘wholeness’ was largely due to the awareness of the ‘Good News’ in them. The Angelic message of the ‘Good News’ was that ‘God Loves Them’, ‘God is Ever at Their Side’, and ‘God will Reward Them with Eternal Bliss’. Now they want to Evangelize their friends by sharing their experience of a God, who loves them.



Looking after the YAR often we have a ‘Shell Approach’, that is, providing food, shelter, clothing,.. Their brokenness and the traumatic experiences causing it are not adequately looked into. VOC is an attempt in this direction.



Religious Animation Program (RAP)



S.D. Senior Sisters, Najafgarh
Date: August 21st & 22nd, 2014
Resource Persons: Fr. Joe, Abi & Marina
Participants: 24 Sisters

"Growing old gracefully. . . A Gift from God!"

The senior sisters were happy to discover in this seminar a few secrets to grow old gracefully.



Fr. Joe one among the seniors (SD Sisters) searches for the best way to grow old gracefully

"We realize that maturity, serenity and wisdom can come only from the frequent reading, pondering, and acting upon the gospel lines- word of god." Good-finding, appreciating and encouraging others is the highway to serenity. Eternal perspective in life sets us on the right path to lead righteously. It is an opportune time to seek ways and means to fulfill the unfulfilled aspirations in one's life / vocation. Our life is a journey with god, to share his glory in heaven.

SIMPLE HINTS TO GROW OLD GRACEFULLY-

Decisions taken by the participants.

- 1-I will lift my leg and walk – keep myself fit
- 2-I will smile at people deliberately- keep my serenity
- 3-I will complement people daily- at three persons- Remain Positive.
- 4-I will praise and thank god also when things go wrong.
- 5-I will practice the dictum: "Make virtue out of necessity"



Chamberian Provincial House, Bhopal,
Date: August 29, 30 & 31, 2014
Resource Person: Fr. Joe Arimpoor
Participants: 32 Sisters

A good strategy accelerates your speed towards your Goal

The workshop for the 32 Executives of the Chamberian Sisters of Bhopal Province focused on reviewing the KRAs (Key Result Areas) they had selected after the last provincial chapter. The provincial and her team were **determined to close the Execution Gap** between the deliberations made and their implementation.

The team developed two powerful interventions to ensure that a good monitoring system is in place and the targets are met:

"RASA"= Re-Assigning, Re-Scheduling, and Re-Allocation

Re-Assigning – when a person or a team was not able to carry out the task entrusted to them, it may be reassigned to a new party.

Re-Scheduling – If a task was completed within the specified period, a new target date may be fixed.

Re-Allocation – If a task was not completed due to lack of resources, like: Personnel, Finance, Expertise, etc. adequate resources will be provided.

"Strategy Development"

The biggest realization of the team was that they were weak in "Strategy Development".

Their insights were:

- 1-Strategy means clear cut choices about how to succeed.
- 2-They need to ensure that they are in the right direction.
- 3-Need to match people with jobs – 'Right People In The Right Bus'
- 4-Facilitate people to share their success stories

The Chamberian team is on their march towards achieving the targets set along the KRAs (Key Result Areas)



Youth Animation Program (YAP)



YAP – St. Peters High School, Jammu

Date: August 4th & 5th, 2014

Resource Person: Mukesh, Marina, Abi & Arjumand.

Participants: X class-150 students

'DAAD Revolution' to bring peace in Jammu

An enthusiastic principal makes a difference in creating the awareness among the students to do an 'ARK' (An Act of Random Kindness). He believes that through 'DAAD Revolution' the youth of Jammu will develop more sensitivity to the needs of others, and thus a compassionate generation will emerge.

The team from Don Bosco Animation Research Kendra was pleasantly surprised to see the enthusiasm of the students to 'Do An ARK a Day' (DAAD).



Mr. Mukesh, a DB ARK team leader congratulates the students for taking 'DAAD Revolution' forward



Cooperative Outreach India, Rohini

Date: August 20 & 21, 2014

Resource Persons: Marina & Sophy

Participants : 80 Students

Cooperative Outreach India is an organization that Believes in spiritually incorporated development of the personality of the child. Apart from providing the children with basic needs such as food and education.

DB ARK has joined hands with in order to go one step further i.e. to provide a holistic development of the children. The clientele of the COI are mainly children from the economically under privileged background, who generally don't have exposure that would enhance their self confidence or self- worth.

COI sought for the expertise of DB ARK for its animation program to make the children realize on how they should explore into different avenues in their life which would help them to discover and become more aware of their inherent qualities. They were motivated to pursue and grab all the opportunity they come across which would help them to break all the barriers and mould themselves to be in their best self.



YAP – Nirmala Convent School-Mussoorie

Date: August 29th & 30th, 2014

Resource Persons: Mukesh, Sophy, Marina, Manish, and Arjumand.

The students of this school, a Hindi medium school for the poor and marginalized, had perceived education as merely completing the syllabus, writing the exams and getting the good results. It is really boring.

It was an eye-opener for them when the DB ARK team emphasized on education as relationship. They said that Development of education was the aim of the education'.

The power points and the video clipping that conveyed the new perspective of education aroused every positive response in the students.

The free and spontaneous atmosphere, created during the session by the DB ARK team, encouraged the students to interact with the animators.

What the students appreciated most was **the way the DB ARK team took them seriously.** They were treated with respect, love, and concern.

The students exclaimed at the end of the session;



"DB ARK team, Towards shores beyond

you have touched us !

Now we shall grow





DB ARK Team Development



PROPS- Program Review Orientation and Planning Session for DB ARK Team



Preparatory Session for quarterly PROPS session

'PROPS' as the very acronym signifies supports and helps the growth and completes the edifice- the mission of DB ARK.

The Administration System of DB ARK is unique. The director strongly believes in the integration of Mastery and Mystery. Fr. Joe is a Salesian priest of Don Bosco; and hence well grounded in Mystery - God, Spirituality, Love for Souls, and Eternal Salvation of the Young. He is specialized in Management Studies, Behavioral Sciences, Social Work profession. He is also an educationist, and a trainer par excellence. In addition to the daily motivation talks, called Good Morning Talks, there are staff development programs that are well designed and conducted. The staff development programs include four basic types: a) social and entertainment, b) professional, c) Spiritual and d) Administrative.

The staff of DB ARK writes everyday a page on Planning, Implementation and Evaluation. This tool known as P-I-E is a self monitoring mechanism which cultivates 'the culture of discipline', which is based on Reason (internal convictions), one of the 3 pillars of Don Bosco's System of Education - The Preventive System. A daily reflection on the life and work of each one helps the staff to clarify their 'Points of Reference' from the Scriptures and DB ARK Culture and thus deepen their practice of Reason in Daily Life.

In addition, each one notes down the initiatives they have taken each day, and the stretching they have made. Stretching is a process where one moves from their comfort zone to areas and skills not familiar with, and mastering them one by one.

The oft quoted statement of the Director, "Initiative and Creativity are signs of Commitment", goes a long way in the making of Committed Team members of ARK.

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