

# Ark VOYAGE



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

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## Captain Speaks...

### Identifying, Naming and Expressing Feelings



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*What others say, or do  
may be the stimulus of  
our feeling but not the  
cause.*

*Our feelings result from  
how we choose to  
receive what others say  
and do, as well as from  
our particular needs and  
expectations in that  
moment.*  
~~~~~

In the last 'Captain Speaks', I spoke about an important skill required to practice LQC (Loving Quality Communication). We saw it was 'Observation without Evaluation'.

Now the second component is the skill to express our feelings. In the first place, it is important to note that feelings are neither right nor wrong. They have no morality. Hence, one should learn to identify one's feeling at different moments, and be able to express them without hurting the other.

Often feelings are not identified, and expressed. Instead they are suppressed, and negative behaviors ensue there-from.

Identifying and expressing a feeling is both an art and a skill. Often people place the word 'that' after the sentence 'I feel' and make a judgment or express an opinion.

When a child comes late to class the teacher says '*I feel that you are not interested in your studies*', or '*I feel that the students of these days are not disciplined*!' Both these are not feelings, even though the phrase 'I feel' is prefixed. In fact one is a judgment, and the other is more of an opinion, with a tinge of judgment too.

If the teacher were to say; "*I feel disturbed when you come late to class*", then it would be more of feeling than an opinion or judgment.

When feelings are identified and expressed with the "**I - Statements**" rather than the "**You - Statements**", most often there would be an understanding and a sympathetic response from the other. May be the students would respond saying: '*I am sorry sir that I came late*'.

He may further give a reason for why he was late. Imagine the student says that he was late because he helped a victim of an accident to the nearby hospital and got him admitted. What a happy conclusion that would be, rather than '**a hurt reaction/behaviour from a student after doing a wonderful humanitarian act!**'

- Fr. Joe Arimpoor, sdb

# Youth Animation Program (YAP)



**YAP LBO Hindi – World Vision ADP, South Delhi**  
**Dates: 1st - 3rd Dec, 2014**  
**Resource Persons: Mukesh, & Mareena**  
**Participants: 30 Children**



**YAP: 9th - 13th Dec, 2014**  
**Sacred Heart Convent School Yamuna Nagar**  
**Resource persons: Mukesh George, Sophy Philip, Jobin George, Arjumand, Chandra Shekar.**

*Children from disadvantaged community eager to grab the opportunity*

Reason to Live and Reason to Die, is title of a book by John Powell. Unless young people discover a reason to live, they find a way to die. If the suicide rate is high today, especially among the youth it could very well be due to the fact



*Fr. Joe; "Life becomes a paradise when you find the reason to live"*

that the youth have not discover the purpose and meaning of their lives.

The LBO (Living By Objectives), the youth animation program, is designed to meet these needs. This program has three components:

1. **Meaning in one's life**; 2. **Value one lives by**, along the central core values of one's own life; 3. **Plan one's life** to fulfill the meaning of one's life along the lasting values.

This program is made available in Hindi, thus DB ARK team reaches out to youth in unorganized setting in the community.

It was a real eye opener to these youngsters. They never thought of the idea that God has a plan for them. They realized that they too have a role to play in ushering in the 'Kingdom of God.'

*Angelic Message:  
"Every Child has a call from God"*



*Students demand a quality accompaniment of the staff*

The students were aware of many of their problems related to their interpersonal relationships, they were eager to enjoy good relationships both at home, and with their friends.

The Ark Team felt that after their interaction with the students, they need counseling service at the school.

The counseling service at the school may be viewed from two angles. One is to provide professional school counseling services by appointing one or two qualified professional counselors. The other is by equipping the teachers with basic counseling skills, and making them available to the students.



*Students appreciate the friendly presence of Ms. Sophy Philip*

Further Teachers' Enhancement Program combined with Parents' Empowerment Program will ensure better accompaniment of the students. **In today's youth scenario, accompaniment is the one of the most powerful ways of leading the youth towards maturity and responsible serenity in their lives.** This accompaniment is qualified by its loving, encouraging, and understanding elements.



# Teachers Enhancement Program (TEP)



TEP - Burn Hall School, Srinagar 4th - 10th Dec, 2014 Resource Persons: Fr. Joe & Bijay

Participants: 41 Teachers Primary School, 40 Teachers High School

*When Teachers act on their Insights, Growth takes place*

Fr. Joe strongly believes that the success of the seminar is tested by the insights (Aahaas!) received as a result of the seminar and the decisions taken to carry them out.



*'Lateral Thinking is the bedrock for creativity'*

Many teachers know and are aware of some of their behaviour patterns that they are not happy about. It may be a fear, a dislike, a disturbance... They don't know the reason behind such phenomena. During the seminar they get an 'Inspiration' from the Resource person or from the group interaction. That leads to an 'Ahaa' (Insight) moment. The 'Ahaa' connects the 'knowledge' and 'awareness' that the teacher has about a particular irritant in their life.

Many teachers know and are aware that they are not 'Leader-Teachers'. During the seminar they receive powerful messages like: **"Those who read are those who lead"** or **"A learned teacher is the one is the most dangerous species in the field of education."** Such slapping sentences awakens the sleeping giants in the teachers. They come to realize their 'Ahaas': **"Now I know why I am not a Leader-Teacher"**.

The next step is in the statement of the Resource person who says: **"Growth takes place when you act on your 'Insights' (Aahaas!)."**

The teachers take a significant decision to act on their insights. This decision is put through a SMART - test, namely S = Specific; M = Measurable; A = Attainable; R = Realistic; and T = Time-bound.

Taking the insight of the 'Leader-Teacher' forward. The decision:

I will start reading a book a month. By end of this month I will finish the book; 'Good to Great' by Jim Collins.

The decision is specific; it is measurable, attainable, realistic, and time-bound. Hence a good SMART tested decision to act on the insight.

The participants were happy to list and share their insights. They have taken decisions to act on these insights.



*Only those who see their vision, are able to seize their dream*

*When the personal visions of the teachers are in alignment with the school vision, committed teachers ensue.*

# Teachers Enhancement Program (TEP)



📍 Sacred Heart Convent School, Yamuna Nagar 📍 Resource Persons: Fr. Joe, Mukesh and Sophy

📅 Dates: 12th - 13th Dec, 2014 📅 Participants: 70 teachers

## *Leader Teachers make Leader Schools*



*Teachers identifying the urgent challenges they've to respond to*

The Principal of the School, Sr. Tesvin, SD was eager to take up the challenge of taking the School to higher heights. She realized during the seminar, more than ever, the fulcrum on which the school moves is the teaching faculty. Her insight was: **"As the quality of the teachers, so the quality of the school."**

The strategy the Principal has developed was to motivate the teachers, and provide opportunities for them to become 'Leader-Teachers'. She plans to offer seminars, and workshops on a regular basis.

She wants, further to ensure cent percent computer literacy for all the staff within a short period. She will continue to make sure that the teachers

become computer fluent. She hopes that by the next year, teachers will use internet facility to update their lesson plans.

The teachers also saw the advantage of having a well-designed Induction Program. They even suggested to get external help to conduct good Induction Program for the young teachers.

The teachers were vibrant after the seminar, they were eager to work together and bring out their synergistic output to take their school to higher heights.

*Waking up the sleeping giant of teacher-leadership has unlimited potential in making a real difference in taking the schools to be trend-setting schools today.*



*Regular seminars and workshops will make the teachers up to date*





# Voice Of Children (VOC)



VOC 7 – Transformational Leadership

Dates: 1<sup>st</sup> – 3<sup>rd</sup> Dec, 2014

Institution: World Vision ADP, South Delhi

Participants: 21 YAR Children

*Leaders empower others to  
Express their Voice*

We are living in an age where we consider “Wholeness is Holiness”, but as we know it is neither easy nor practical. This is a journey that goes on. VOC with its objective **“Passage to Wholeness”** puts the YaR into a similar process. In the past they have had experiences that have caused brokenness within them. This further leads to residue being set in, that holds them back in the realm of their life. But as they go through the process of VOC, little by little this residue is removed, which helps to bring out their true self. It starts from understanding themselves, to relating with others in an assertive manner, and connecting with their self at a spiritual level.



*Participants who successfully completed the seventh module of VOC*

While traversing through the modules of VOC, they experience a transformation within themselves. Also they become agents of change. A combination of this is enriched with the final module of VOC 7 on **Transformational Leadership**. With this they are ready to go out and face the world as leaders. In the process they also encourage and awaken the leaders in their peer group.

The 21 boys of Madanpur Khadar (Delhi) community were enthused with the sessions and made a personal promise to **pass on the fire** within their community as well.



*“If I can be a leader here, why not in my community too!”*

*Young Leaders are enthused to transform the society.*

*These young Transformed Leaders got motivated when they were challenged with higher aspirations.*



# Special Programs



- MSW – Silver Jubilee Reunion, Kochi
- 27<sup>th</sup> – 28<sup>th</sup> Dec, 2014
- 50 members from 13 families of 20 students of 1987-89 batch

## *Don Bosco Alumni appreciate their Educator*

Don Bosco Alumni love not only Don Bosco, but also their '**alma mater**'. Twenty students of MSW department of Sacred Heart College, Tirupattur who passed out of the college in 1989 organized a reunion of themselves and their families.

The Silver Jubilarians and their families spent two days at Kochi, Kerala on 27<sup>th</sup> and 28<sup>th</sup> Dec, 2014. The presence of their then Head of Department and the founder Director of BISW, Fr. Joe Arimpoor, sdb and the present Principal of the college, Fr. C.M. Varghese, sdb affirmed the great love and continued accompaniment of the Salesians for their 'students'.

"Once with Don Bosco, we are always with Don Bosco" – these were the words that echoed during the Reunion. Fr. Joe, once again reiterated the emphasis of the Spiritual Formation of the students. It is the spirit that animates the PQ, IQ and EQ (Physical, Intellectual and Emotional dimensions of one's growth). The participants were eager to celebrate their Sunday worship in the 'House-Boat Cruise'.



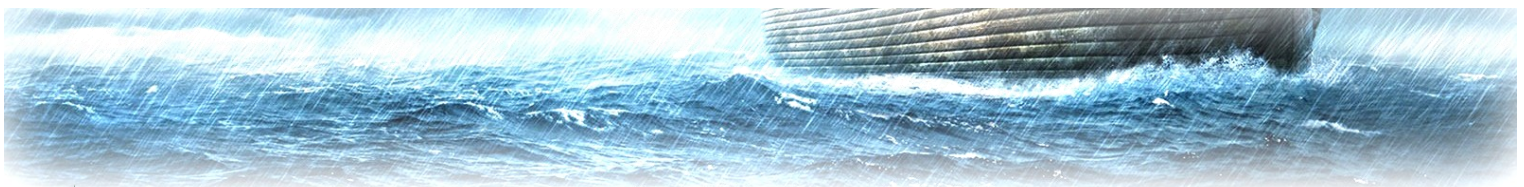
*The Silver Jubilarians with their families*



*Celebration of Mass in the house Boat during the cruise*

*The re-union not only brought us together in celebration but the presence of Fr. Joe, the Founder of Bosco Institute of Social Work, reinforced the values we learnt there.*





## Special Programs



### *Sharing of Christmas joy with Provincial House Staff*



Christmas is a season to share love & joy with all. DB ARK team is particular to practice the principle of Social Inclusion. The celebration includes not only the staff and their close friends, but reaches out to others as well.



### *DB ARK Team Celebrates Christmas*



The message of Christmas from DBARK is the very significance of this great festival.

Christmas is associated with the appearance of a special star that announced the Birth of Jesus, the Saviour of the world.

This star appeared to a select few who were simple men, and were open to the signs sent by God.







# DAAD Revolution

St. Peter's School, BC Road, Jammu

*St. Peter's High School, Jammu promotes the "DAAD Revolution"*



**St. Peter's School, Jammu** is one of the schools that have joined the "DAAD Revolution". Fr. Stalin, and the teachers encourage and promote this initiative. The students are reminded to do an ARK (Act of Random Kindness) a Day, through Notice Boards, Morning Assembly talks, and recognizing those who do it regularly.



*Fr. Stalin, inviting the students to join in the "DAAD Revolution"*

Changing the mindset / attitude of the students towards building up a new society where peace, love, and justice reign, is one of the most significant objectives of Education.

***"Peace in Jammu and Kashmir through "DAAD Revolution".***

*Children who are outstanding in doing ARK (Act of Random Kindness) regularly, were specially awarded*



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