

# Ark VOYAGE



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

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## Captain Speaks...



"Brokenness is part of everyone's life. But when it becomes intense and arise from traumatic experiences in childhood, its effects are long lasting.

Many YAR (Young At Risk) children experience severe traumatic situations, the 'residue' of which keep disturbing them throughout their lives and make them dysfunctional in society.

VOC is a well thought-out and designed intervention to liberate them from such a bondage and lead them to "Wholeness".

## 'Residue' of Traumatic Experiences in the YaR, not yet in our focus?

1979 was the International Year of the Child. The limited statistics of those days published by the ILO reported that there were 52 million child labourers in the world, and 32 million of them were in Asia, and further 12 million of them were in India. This alarming data inspired Fr. Joe Arimpoor who was just starting the first Post Graduate Course of University studies in Salesian India.

It was M. A. in Social Work, in Sacred Heart College, Tirupattur, BOSCO INSTITUTE OF SOCIAL WORK (BISW).



Children receiving gifts under Child Labourers' Welfare Project

Since then the operational definition of the Child labourer for the project included the street children, school dropouts, and children in difficult circumstances - in short the YOUNG AT RISK (YAR).

The Research mind of Fr. Joe prompted him to make an empirical verification of this ILO data in Tirupattur. It was during this field study that he came across a child of 11 years under a traumatic experience of violence and rejection. This dramatic event confronting the core meaning of Fr. Joe gave rise to the Tirupattur Child Labourers Welfare Project.



Gathering of Child Labourers at Tirupattur

# VOC Special

## Captain Speaks...(contd.)

This experience was further taken to Andhra Pradesh with the starting of more than ten Nava Jeevan Centres from BOSCO INSTITUTE of RESEARCH and DEVELOPMENT for YOUTH (BIRDY) in the different districts of the state. The various traumatic experiences of the children when they narrated to Fr. Joe, he used to get disturbed. This disturbance turned to a spark and later into a flame which gave rise to a new intervention in Social Work with the Young at Risk.



Research, Inspirations there from, and the Reflections on the encounter with the children with traumatic experiences gave rise to this new intervention - VOC – VOICE OF CHILDREN. It is a psycho-spiritual tool developed by DB ARK to lead the children from “Brokenness to Wholeness”.

**Awakening of the ‘Inner Voice’ (the Good News) in the YaR is the most powerful means to heal the effects of the Traumatic Experiences in their lives.**

When we were involved with the rehabilitation process of the Young At Risk our focus was on responding to the urgent needs of these children – food, shelter, clothing, medicine, education, and skilling. With a job for them, and settling them in life, we were happy with the process. But further research showed that some of these children who had traumatic experiences of violence, abuse both physical and sexual, rejection, drug abuse, absolute poverty,... had intense negative residues built up which erupted in their life when critical situations arose in their lives due to internal or external forces. At this time they had no easy accompaniment of the social workers or availability of understanding adults to go to. Many of them go back to brokenness again. It is in response to this anomalous situation and as a Preventive Measure that DB ARK developed this intervention of VOC – Voice Of Children, a Psycho-Spiritual Tool – a **PASSAGE TO WHOLENES**, where God experience plays an important role.



**Spiritual healing touch to overcome the negative effects of Traumatic Experiences**

**- Fr. Joe Arimpoor, sdb**



# *VOC Special*

*Hinduism believes children are gifts from God.*

*Prophet Muhammad was really fond of children and used to play with them.*



*Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."*

If children are so Special to Him???

Why are some of them discriminated by the world ???



Why are their voices stifled?

The Salesians of Don Bosco have been working for more than 50 years for the Young at Risk (YaR) – Street Children, Child Beggars, Child Labourers, School Drop-outs and other Children at risk of their growth and development.

Today there are more than 100 centres in India where the Salesians reach out to thousands of Young at Risk. In these centres they provide these children with the basic necessities of life such as food, shelter, clothing, health, education, etc. Opportunities are also given for their education and for their future career.

However, inward growth and development related to basic psychological and spiritual needs are largely neglected; though one of the services very much needed. It is true that in many good centres for the rehabilitation of street children, Counselling Service is offered. Although this service is so vital, it is not adequately developed. Often the Young at Risk are taught to forget the past, live the present, and look to the future.

# VOC Special

## ORIGIN OF “VOC” INTERVENTION

The experience of working for the Street Children, and the continued reflection on the various interventions used, made the DB ARK TEAM (DON BOSCO ANIMATION AND RESEARCH KENDRA), realize the necessity for a well-planned and designed intervention that will help them to identify their “**Brokenness**” and accompany them to “**Wholeness**”.



Fr. Joe Arimpoor, a Salesian of Don Bosco, the Director of DB ARK, who has worked with the YaR for more than thirty years was inspired to search for this powerful intervention in the life of the Children. This intervention was developed into “**VOC**” (**Voice of Children**).

Thus VOC is a result of *situation analysis (research, experience and reflection)* on the various interventions deployed by the Street Children Centres. A new intervention was *conceptualized*, which was further *implemented* as a Pilot Project.



VOC at Talegaon

The pilot project of VOC was conducted at DB ARK, New Delhi for 70 Street Children from seven NGOs (Non Governmental / Non-Profit Organizations) of Pune, Mumbai and New Delhi. It is said that ‘Out of the mouth of the children, wisdom is spoken!’ This was the experience at the ‘VOC’ program.

The DB ARK team members were challenged by the wisdom spoken by the YaR (Young at Risk) at this program.

Often the assumption among the child workers is that they know already all that the children are going to tell them. However, the skilful interventions used by the resource persons of DB ARK, made the children express themselves very deeply and critically. They were able to delve deep into their past, analyse the present, and picturize their future. Thus the children challenged, in a way, the assumptions of the child workers.



VOC at ADF, Ghaziabad



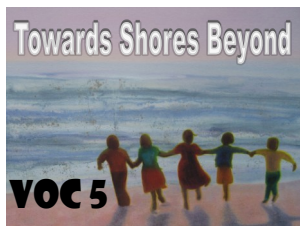
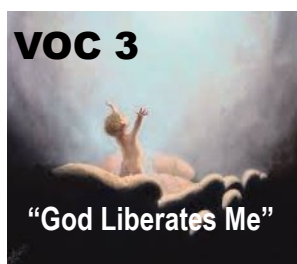
First group to complete VOC

The successful completion of this intervention - VOC, gave further inspiration to DB ARK. A close *monitoring and evaluation* of this project has challenged and given inspiration for an effective follow up.

New strategies and follow up interventions were conceived and developed resulting into developing of a ‘process-program’ to lead the YaR from “Brokenness to Wholeness”.

It is developed in a series, accompanying these Young at Risk from the “**Vicious Circle of Deprivations**” to a “**Virtuous Circle of Enhancements**”.

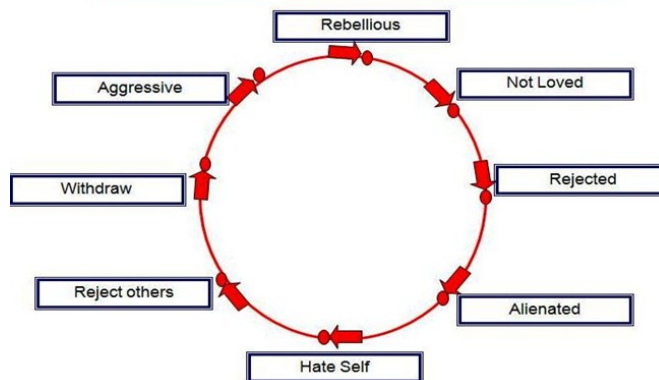




# "Passage to Wholeness"

For the Young at Risk (YAR)

## VICIOUS CIRCLE OF DEPRIVATIONS

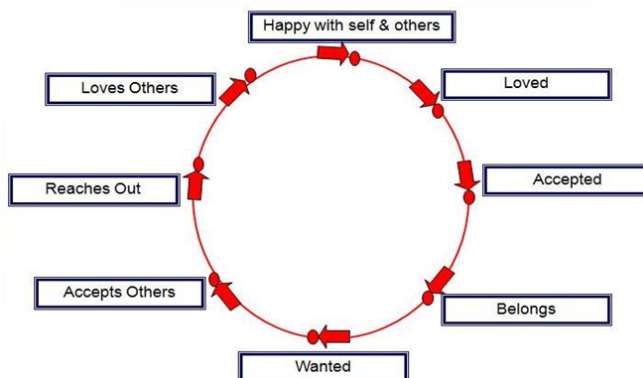


**Voice of Children**

**VOC**

## "From Brokenness to Wholeness"

## VIRTUOUS CIRCLE OF ENHANCEMENTS



VOC is a special "Process Program" developed by DB ARK to lead the YAR from

**"Brokenness to Wholeness"**

It is developed as a series from VOC 1 to VOC 7 accompanying the

YAR from

**"Vicious Circle of Deprivations"**

to

**"Virtuous Circle of Enhancements"**

# VOC Special

VOC is a 'Psycho-Spiritual Tool' developed by DB ARK to accompany the YAR from brokenness to wholeness. It is designed in seven stages. Each stage has a three-day intense program where a limited number of 24 children are accompanied by five animators.



Another way of looking at the VOC is:

- > It helps the children to find their 'VOICE'
- > It helps them to express their 'VOICE'
- > It inspires them to facilitate others to find their voice
- > It helps them to empower others to express their 'VOICE'

- Stephen R. Covey

These workshops contain Seven Modules or Phases to accompany the YaR from the 'Vicious Circle of Deprivations' to the 'Virtuous Circle of Enhancements'.

Sessions like  
Name & Animal,  
and Photo  
Language help to  
unravel the real



## VOC I: "WHO AM I?"

Understand the past experiences of the child from the Family, Street / Work, and Agency perspectives and to assess the intensity of the 'Brokenness' they have experienced.

## VOC II: "RELATE TO ME"

During this phase they are accompanied with adequate psychological support. The emphasis is laid in building a relationship with the child to help in open communication.

## VOC III: "GOD SETS ME FREE"

Aims to develop a YaR Spirituality to complete the healing process. They will be guided in their spiritual growth.



## VOC IV: "WHOLENESS IS MY RIGHT"

Develops the awareness, leading to critical awareness, and to Child Rights.

Experiencing the joy of  
Liberation



Orientation on F.I.R.  
during VOC 4 at  
Jeevodaya

## VOC V: "LIVE THE RIGHTS WAY"

Inspires the child to become an Agent of Child Rights, and to assist to take initiatives to bring change in the society.

## VOC VI: "COME WITH ME ... TOWARDS SHORES BEYOND"

To challenge the YaR towards becoming peer leaders who would become young Messengers of the 'Good News'.

Living the Good  
News through  
Role Play



Leadership through  
Outbound Exercise



## VOC VII: "TRANSFORMATIONAL LEADERS"

Having risen from brokenness to wholeness, and having experienced the Good News of Love, Justice, and Equality, these young people become transformational leaders who commit themselves to creating a Synergy of Energy within their circle of influence.



# VOC Special

## How does VOC help?

*VOC aims at removing the residual effect. The modules are designed in such a manner that the participants are accompanied and their residue from past experiences is removed in scoops in each module, and reach them to a level of normalcy.*



**As the participant moves from one module to the next, the residue caused by the traumatic experiences are removed through group activities, personal interviews and individual counselling. Hence, as the participant moves forward they get liberated and move towards a peaceful life.**



### VOC 1

We understand the client, and where does the disturbance in their lives come from.

### VOC 2

Relate to them, identify a certain level of equilibrium and try to find out the residue in them.



### VOC 3

Spiritual healing of the participant starts

### VOC 4 & 5

Psychological support is provided which contributes in removing the residue



### VOC 6

The spiritual healing becomes more powerful. When they realize the joy of the 'Good News' which healed them, they share it with the others.



### VOC 7

They get strengthened by using this process of liberation, by sharing it with others to become Transformational Leaders

# VOC Special

## Growth of VOC

The first phase of VOC was like an intervention for a group of 70 children from seven NGOs supported by HCDI and KNH. Only one program was conducted, but the insights received from the program as well as further research motivated us to develop further and make the program more meaningful.

As a result it was developed into a program of six modules. This particular series was successfully completed for six groups.



The path of VOC is about going forward, hence one more module was introduced and as of now VOC comprises of seven modules. We have had the privilege of two groups completing the seven modules, namely:

- I. World Vision ADP, South Delhi
- II. World Vision ADP, North West Delhi

### Training of Trainers (TOT)

The intervention of VOC is not a one act done deal, but a continued process for a considerable period of time. To make this journey effective, the agency staff/community workers are trained through other seven modules of TOT (Training of Trainers). These modules are parallel to the seven modules developed for the children.



VOC - TOT at World Vision, Patna

The passage to Wholeness is not just for the participants, but DB ARK also is on a continuous journey to make a difference in the lives of the YaR.



# VOC Special

## VOC touches lives...

*VOC has had a great impact on my life. I feel a greater sense of responsibility towards my life and I am living it.*



**ARJUN - VOC PARTICIPANT**  
World Vision ADP, South Delhi

*"Having gone through VOC 4 which was 'Rights-based', now I know my rights, learnt how to demand and above all live my rights. The proactively assertive way that I have learnt in VOC-5 has helped me to live the rights way: While I demand my rights, I respect other's rights."*



**MANISHA - VOC PARTICIPANT**  
Jeevodaya, Itarsi

*I am a Muslim boy. I did not believe in God. My daddy asked me to go to Mosque and I did not go. After coming to Don Bosco I heard so much about God. In VOC program during the third phase that is focused on 'God Liberates Me', I experienced God. Now I believe and pray.*

**SADDAM - VOC PARTICIPANT**  
Don Bosco Ashalayam, Delhi



*VOC program is very close to my heart. The interviews helped me to share my feelings with didi which I could not do with anyone else. It has also improved my personal relations.*

**KUSUM - VOC PARTICIPANT**  
World Vision ADP, North West Delhi



*The impact of VOC has been such that not only do we see a difference in the lives of the children, but also in the lives of their families. The outlook of the children towards their lives has become more positive.*



**MS. AMRITA**  
CDF-Child Protection & Participation  
World Vision ADP, South Delhi

*VOC has brought the most vulnerable children into the program. During the program, they could experience forgiveness and get closer to God. This is definitely the greatest impact which will help*



**MS. MERCY**  
Program Manager  
World Vision ADP,  
North West Delhi

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