

# Ark VOYAGE



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

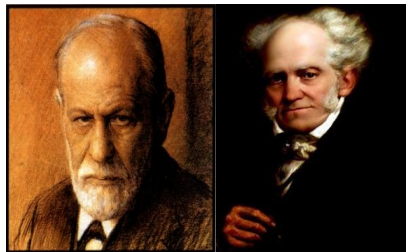
March 2018/ Vol. 7/ Issue 3

## Captain Speaks...

### POSITIVE PSYCHOLOGY - FREUD TO MARTIN SELIGMAN

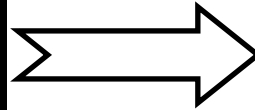


Positive Psychology is a move from Schopenhauer and Freud, from 'the prisoners of the past' to 'free people of hope and future' – from 'minus 10 to zero' to "zero to plus 10" – from absence of misery to fullness of wellbeing.



SIGMUND  
FREUD

Arthur  
Schopenhauer



MARTIN  
SELIGMAN

**Martin Seligman concluded at the end of a long study :**  
**'Psychology is half baked. We have baked the part about repair and damage.'**

**The other side is unbaked.**  
**The side of strengths, the side we are good at, the positive side what makes life worth living**

Dr. Martin Seligman, is the Director of Positive Psychology Center, University of Pennsylvania, USA. The study of psychology has been very intriguing. It has made thinkers think.

Initially their efforts were in the line of making a sick person well. Hence all the focus was on mental illness – depression, schizophrenia, suicide tendencies, etc. The assumption was that absence of illness made people happy. Psychology then focused on dysfunctional areas in one's life. Further it was considered that our future is driven by the past. The sexual and aggressive drives, the traumas and conflicts of the past determined our future.

In 1998 Martin Seligman proposed the question: 'what makes people happy?' 'What is authentic happiness?'  
As the answer to this question he came out with the statement:

**'Psychology is half baked.**  
**We have baked the part about repair and damage.'**

**The other side is unbaked.**  
**The side of strengths, the side we are good at, the positive side – what makes life worth living.'**

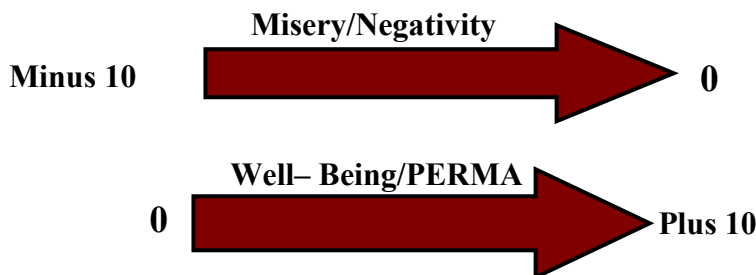


## Captain Speaks...(Contd.)



His quest was to discover what makes life worth living.

Is getting rid of misery the end of our wellbeing? He concluded that well being is not just the absence of misery. His focus was not merely moving from minus 10, 9, 8 ...to zero, but moving from zero to plus 5, 8, 10.



At the end of his research he proposed a model for well-being with five constituent elements. He coined an acronym to explain these five pillars of the new psychology which he called POSITIVE PSYCHOLOGY. It is PERMA.

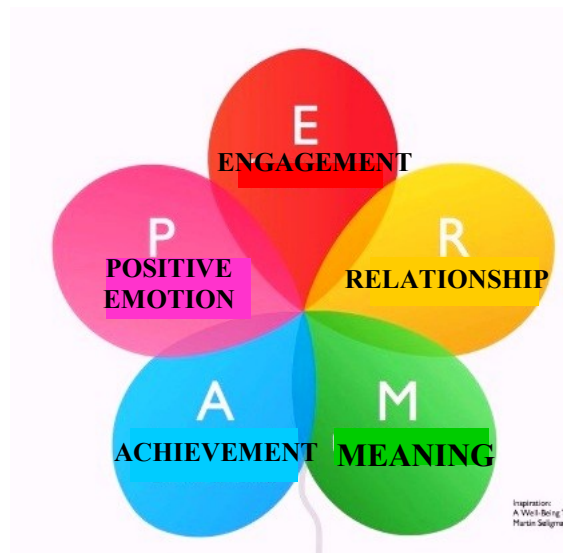
P – POSITIVE EMOTION

E – ENGAGEMENT

R—RELATIONSHIP

M – MEANING

A – ACHIEVEMENT



**POSITIVE EMOTIONS** are an essential part of our well-being. Happy people look back on the past with gladness; look into the future with hope; and they enjoy and cherish the present.

Positive emotion makes one cheerful, serene, and happy. Optimistic people perform better.

When people are genuinely happy even their smile is different. A study was done on people's smile. They distinguished genuine smile from an artificial smile. Years later it was found that those who had genuine smile was found to be more balanced, happy and successful in their relationships. On the contrary, those who had artificial smile ended with more divorces, and less life satisfaction.

Yet another study showed that the longevity of life is also related to happiness. People, who are more disciplined, have strong faith in God and trust in people, live longer lives. While those given to excessive drinking, drugs, sexual diseases and distrust in people had shorter life span.





## Captain Speaks...(Contd.)



A question may be raised. 'Can we raise our positive emotion?' The answer is definitely 'YES'. Exercises and accompaniment of a mentor can go a long way in the enhancement of one's positive emotion.



**Charged with Positive Emotions**

### ENGAGEMENT

When we focus on doing the things we truly enjoy and care about, we begin to engage completely, with the present moment and enter the state of being known as "flow". In fact time stops for your flow.

Real learning takes place when one's highest strengths are matched with the highest challenges. Hence one needs to know one's highest strengths.

A simple initiative at DB ARK is proving this concept in the lives of students. We invite them to join "**DAAD** REVOLUTION" – **D**oing an **ARK** **A** Day (ARK here stands for An Act of Random Kindness). When students do an ARK daily they get into the habit of doing good to those in need. 'DAAD' is a self-addicting practice.



**JOIN DAAD REVOLUTION  
AND COME ON BOARD !!!**

**"DO AN ARK A DAY (DAAD) AND GOD WILL RECEIVE  
YOU WITH OPEN ARMS TO ETERNAL BLISS !"**



**ARK**

ARK stands for  
an  
ACT of  
RANDOM KINDNESS

ARK (Act of  
Random Kindness) is  
doing good to  
those in need

**ARK**  
is  
LOVE In ACTION

### RELATIONSHIP

Human beings are relational. Everyone needs someone. We enhance our well being and share it with others by building strong relationships with people around us – family, friends, co-workers and neighbours. In fact, the quality of our life depends on the quality of our relationships.

Hence it is important to build up one's relational skills.





## Captain Speaks...(Contd.)



### MEANING

We are at our best when we dedicate time to something greater than ourselves. This might be religious faith, social service, family, politics, a charity, a professional or creative goal. Our core meaning resonates whenever we are in tune with it in our activities or endeavours.

Belonging to and serving something bigger than self.

The desire, the intention of helping others, and the effort of helping others is what matters.

When positive attitude is developed humans become more healthy, cheerful, humorous, and hopeful. Our lapses and failures will come to an end when meaningful practices are regularly done.

The good news about Meaning is that we can identify, and expand the sense of purpose and meaning in our life. Hence the quest is 'what and how can I add meaning to my life?'

When Meaning is discovered, and increased on a regular basis, it can take control of our lives towards happiness, towards doing the right things. It is seen that when young people think positive, think for alternatives and solve problems they become creative.

When John Powell wrote that "Happiness is an Inside Job" it was all about thinking that creates positive attitude to life. Hence happiness is the bye-product of moving towards positive thinking. Focussing on Meaning in one's life, and searching for ways and means to enhance it and pursuing them is the secret to real happiness and well being.



**Do they inspire you to discover your meaning in life?**

### ACHIEVEMENT

Everyone needs to win sometimes. To achieve well-being and happiness, we must be able to look back on our lives, with a sense of accomplishment. "I did it, and I did it well."

Achieving is accomplishing, and enhancing one's mastery, building up one's competencies, and increasing one's self confidence.

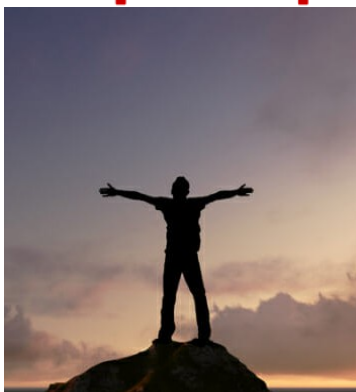
Achievement, of course, needs self-discipline and grit. Achievement is not the companion of laziness, indiscipline, and a purposeless life. In fact, researches show that self-discipline and grit out do IQ and the traditional concept of smartness/talents. Grit here would mean 'extreme persistence. Self discipline is found to be twice more important than the so called smartness.

***"ROOTS OF LEARNING ARE BITTER  
BUT THE FRUITS ARE SWEET!"***





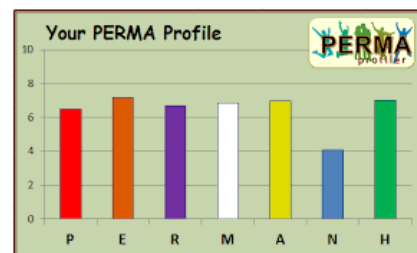
## Captain Speaks...(Contd.)



*POSITIVE PSYCHOLOGY has become professional.*

*The good news about PERMA is that it is MEASURABLE, TEACHABLE, and LEARNABLE.*

*Every element of PERMA can be enhanced or increased.*



### EXERCISES:

#### *An Exercise to raise your **Positive Emotion***

Every night for the next week write down **THREE** things that went well and why they went well. See if you can make it a regular practice. You will move from your negativity to positivity. You will improve your self-confidence, and self-mastery. Six months later you will see that you are more serene, sleep better, more humorous, and achieve more.

#### *An Exercise to being in 'Flow', to enhance your **Engagement***

Identify your highest strengths (moral ones and not the talents), like gratitude, kindness, social intelligence, etc. and use them to face a challenge in your life (a difficult job in your work).

#### *An Exercise to enhance your **Relationship Skills***

Daily smile at one or two persons and give a positive compliment/ a word of appreciation. Surely you will enlarge your circle of relationships and enhance the quality as well.

#### *An Exercise to add **Meaning** to your life*

Write a short essay on 'positive human future' as you see it. And what would be your contribution to it. How would your grand children or organization members look at it through their eyes.

#### *An Exercise to increase **Achievement** in your life*

Identify every day the most difficult or the most disinterested job that you have to do and put it as a priority item to be completed that day and do it..

***You can enjoy well-being if you want to. Move from the paradigm of 'absence of misery' to 'fullness of life.'***  
***"I have come that you may have life***  
***Life in its abundance, in its fullness!" (The Master)***

**Fr. Joe Arimpoor sdb.**



# Youth Animation Program (YAP)



**Institution:** St. Paul's Sec. School, Nimbahera

**Program:** 3-D (Discover, Develop, Deploy Self, Others, and God)

**Dates:** March 22-23, 2018

**Animators:** Mr. Abhishek, Ms. Sneha and Ms. Himanshi

**Participants:** 100 students



Mr Bijaya explains the purpose and meaning of the 3d program to the students

The students were happy to learn the benefits of this youth program:

1. It helps you to discover yourselves better.
2. It teaches you the ways and means to increase your self esteem and self confidence.
3. You will identify your resource skills and deficit skills in interpersonal relationship.
4. You will learn how to deploy your strength to overcome problems and difficulties, and grow to a mature person.
5. Finally you will enjoy your relationship



The students enjoy a group exercise—Magic Mats. Through this exercise they learn:

- a. To develop alternatives or different strategies to solve a problem.
- b. To work together as a team.
- c. To recognize each one in the team and facilitate participation.
- d. To develop leadership qualities.

**Institution:**

St. Mary's School, Najibabad

**Program:**

3D (Discover, Develop, Deploy Self, Others, and God)

**Dates:**

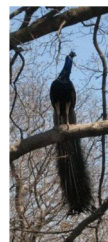
March 26-27, 2018

**Animators:**

Mr. Abhishek, Ms. Sneha, Ms. Himanshi, Mr. Sekhar, Mr. Bijaya and Mr. Allwyn

**Participants:** 250 students

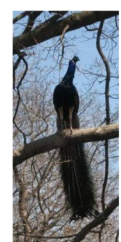
The 3-D Package of the Youth Animation Program of DB ARK accompanies the students in Discovering, Developing and Deploying themselves.



**Have you  
Discovered  
yourself ?**



**Are you  
Developing?**



**Are you  
Deploying  
Yourself?**



Mr Abhishek tells the students that the acid test of the success of our youth program is that you realize that all the gifts and talents God has given you have to be developed and used in HIS service.



**God made me !**



**It is still ME !  
...at His service !**

One of the students remark: "If only I could be totally and always at HIS service to reach out to the poor and the needy"





# TEP (TEACHERS ENHANCEMENT PROGRAM)



**Institution:** St. Joseph's Convent School, Ferozpur

**Dates:** March 12-13, 2018

**Resource Persons:** Fr. Joe Arimpoor and Ms. Sneha C. Saji

**Participants:** 85 teachers

**Institution:** Carmel Junior College, Jamshedpur

**Dates:** March 16-17, 2018

**Resource Persons:** Fr. Joe Arimpoor and Mr. Chandra Sekhar

**Participants:** 90 teachers

## CHALLENGES IN EDUCATION TODAY



**Fr Joe analyzes the challenges that the teachers of St. Joseph's Convent School are facing.**

The feedback from the teachers revealed that the most urgent challenges they are facing in education today are :

1. Technology and Education.
2. Lateral Thinking and Creativity
3. Moving from punishment to Reason, Love, and God.

**Teachers' suggestions to take their school to greater heights:**

- a. We need a new brand of teachers who move from the paradigm of 'Learned' to 'Learning'.
- b. Teachers need to update their lesson plans every year.
- c. Have regular Teachers' training programs, both by way of Seminars and Workshops.
- d. Parents also should have seminars so that they can work together with the teachers for the formation of the students.
- e. Introduce 360 degree feedback system for the teachers so that they can continually improve in their mission of education.

## Growth takes place when you act on your insights

Fr. Joe reckons the success of a seminar from the insights that the participants receive and their decision to act on them. In fact, he expresses the insight as an AHA experience. Often Fr. Joe is remembered as "AHA Father".

He insists that when a decision is taken to translate the insight into action, it should be a SMART- Tested decision.

SMART stands for:

S= SPECIFIC

M=MEASURABLE

A=ATTAINABLE/ACTION-ORIENTED

R=REALISTIC/RESULT-ORIENTED

T=TIME-BOUND

The teachers were keen to update themselves and become more effective in their mission by joining in the TIPS program (Teacher Improvement Program Sessions).

Fr. Joe was happy to note the commitment of the teachers and the eagerness to work together to bring out the synergistic results in their mission of education.



Fr. Joe challenged the teachers "TO GO BEYOND" To face the problems of 'THE NOW GENERATION'



## FJAF (Fr.Joe's Ark Family)



DB ARK expresses its gratitude to **“Fr. Joe’s ARK Family Members”** - the Support Group that enables DB ARK to fulfil its mission in favour of the youth especially the poor and the marginalised - by regularly praying for them and their intentions.

On every 19th, a Special Mass is offered for the same where all the Team Members join with the Director.

You are invited to become a member of **“Fr. Joe’s ARK Family”**  
By making a small contribution either monthly or from time to time.



You may

1. Draw the cheque in favour of: **“Don Bosco ARK”** or
2. You can transfer the money to: AC Name: Don Bosco ARK,  
AC# 13020100235970,  
IFSC: FDRL0001302  
The Federal Bank, Nehru Place,  
New Delhi

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Towards shores beyond