

Ark VOYAGE



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

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Captain Speaks...



Positive Emotions are the result of Positive Thinking

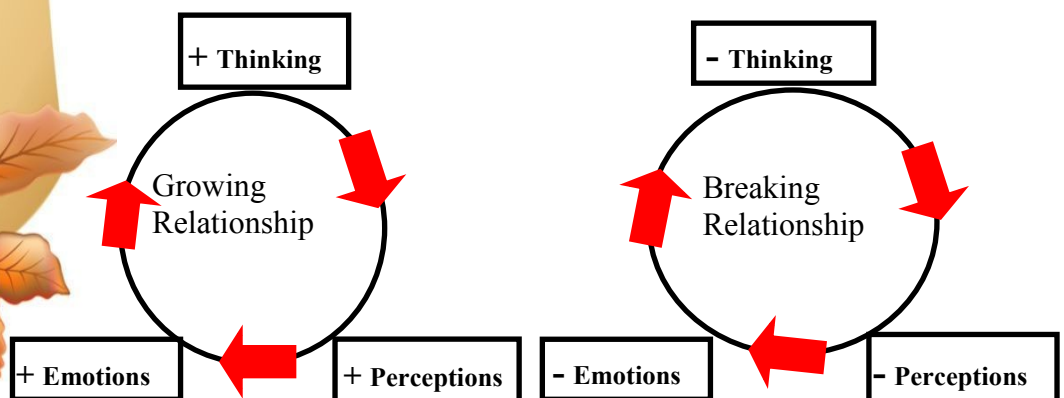
In the last Issue of ARK VOYAGE I spoke about Positive Psychology, a new way of looking at Psychology, different from the traditional approach, which Martin Seligman, the author of Positive Psychology would call, "Half Baked Psychology." One of the five constituent elements of Positive Psychology is 'POSITIVE EMOTIONS'.

I often say that 'tiredness is most of the times in our mind'. So much so we tried in our Institute to expunge or to delete the word 'tired' from our dictionary. What would this 'deleting' mean?

Research tells us that an average person uses only 10% of his/her energy. When we say usually we are tired, it would mean that we have already used 10% or little more of our energy. Then how would we get into this new mind-set, or paradigm? The secret is to trigger the 'synergy point' in us which releases additional energy to face the challenge. The 'synergy point' would mean the source of passion or additional motivating factor in our life.

Thinking can change our perceptions. Our perceptions control our emotions. Our thinking can win us friends, lose them and make them our enemies. The quality of our lives depend upon the quality of our relationships. Positive relationships produce positive emotions.

Virtuous Circle of EMOTIONS Vicious Circle of EMOTIONS



People with Positive Emotions

*enjoy authentic happiness,
and live a flourishing life.*

They are generally

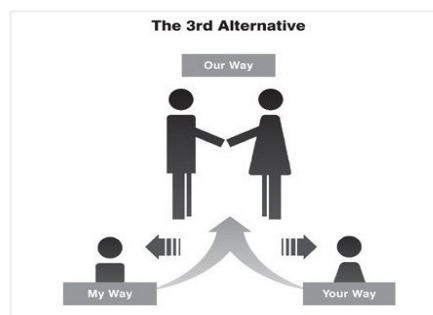
*healthier physically, enjoy
grater peace in their lives,
and are more serene in their
relationship with God.*



Captain Speaks...(Contd.)



Conflicts can be well managed if one learns to think differently rather than stick to a set pattern of 'my thinking'. If one can understand the thinking pattern of the other, and feel his or her feelings empathy would emerge. Empathy is the source of positive emotions.



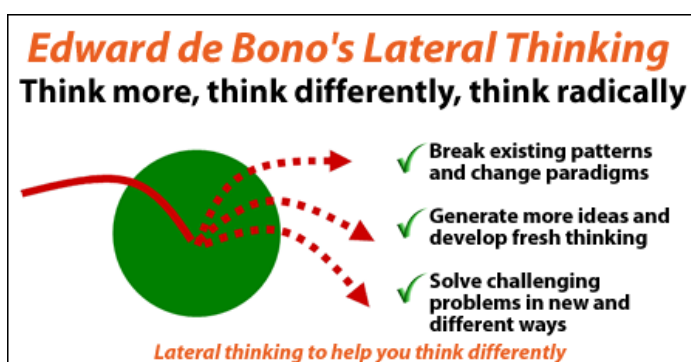
Neither My Way, Nor Your Way, But Our Way Leads us to Empathy and Positive Emotions

Using 'parallel thinking' in exploring a subject from different perspectives leads us to speedy solutions, happy conclusions, and cost-saving strategies. Synergy is created where different perspectives to a problem are accepted, and welcomed and even sought after. Such a process becomes a regular pattern of dealing with problems, decision making processes, and conflict management.

Edward de Bono proposes many techniques towards this approach – “Six Thinking Hats”, “Six Action Shoes”, “Lateral Thinking”, etc. His way of understanding the brain a ‘self-organizing system’ generates multiple possibilities, and the choice of the best becomes easier.

I strongly believe that our thinking can take control of our lives towards happiness or sadness, towards doing the right things or the opposite. I have seen when young people think positive, think for the alternatives to solve problems, they become creative.

When John Powel wrote that ‘Happiness is an Inside Job’, it is all about our thinking that creates positive attitude to life and hence happiness is a by-product.



Moving towards positive thinking, positive psychology, and positive living, in fact, even positive healing humor plays a significant role. I recall a n experience of mine. A Superior of a province of Religious Congregation was diagnosed with a malignant cancer. Naturally many members of her Congregation started to visit her. They approached her most of the time with pity, sadness, lamentation, and sad looks. I suggested to the Sisters, since they were having a seminar which I was animating, that they go to visit their sick provincial, have a serene and happy face, and go prepared with a joke or two and crack them when they are with the provincial. The result was phenomenal. She started smiling and laughing. The humor therapy evoked positive emotions in her. Together with some medical assistance she got well. Now she is back to her mission, a healed person with lot of positive attitude to life.



Captain Speaks...(Contd.)

The other day I went to AIIMS (All India Institute of Medical Science) in New Delhi to visit a cancer patient, who is a friend of mine. I was told that the whole day he was silent and rather morose. I had gone there with a couple of my friends, who also knew him. The sick man was a Maths Professor. He was silent and pensive. I started the topic of Mathematics. I cleared some of my mathematical doubts. He became alive and enthusiastic. The next half an hour my mission was to crack jokes and make him laugh. He became cheerful. His wife and daughter who were with him the whole day exclaimed: “ he has not smiled the whole day! Now he is full of life, and laughter!!”

If you trigger the Synergy point in any one, there gushes out energy, positive energy – positive emotions are waiting to be released in every one.

I recalled the **film, ‘Patch Adams’** where a medical student started to experiment trying to be personal and humorous with the patients and assess the outcome. He found that this approach was very effective. Later he thought of a hospital where the patients were treated with respect, love, care, concern and personal attention. The results were marvellous. **The secret was that his approach released positive emotions which brought the happiness of well being.** If our Doctors (the medical physicians) in the hospitals learnt how to smile, and make the patients smile, and be a little more personal with their patients the latter will get well sooner. I hope the Doctors are not afraid of that! Will their patients be their clients for a shorter period?

Humour changes perceptions. Humour changes seriousness, anguish, and negativity with lightness, serenity, and positive outlook. In fact, **humour is an attitude, more than the ability to crack jokes.** Humour makes one loving and loveable. Such a person goes beyond cracking jokes to a positive , happy, and serene attitude.



Patch Adam evokes Positive Emotions in Children leading to wellness

People with positive emotions produce more. They are more efficient as well as more effective in their work. In fact, it produces a spiralling effect. The more, they focus on what they do, the more they get engaged in it. The more they enjoy what they do, the more positive emotions they produce.

Finally, one experiences authentic happiness, and enjoys a flourishing life when one moves from selfish happiness to contributing to the happiness of others and to the society in future. **People with positive emotions are generally healthier physically, enjoy greater peace in their lives, and are more serene in their relationship with God.**



Youth Animation Program (YAP)

Institution : Carmel Junior College
Place : Jamshedpur , Jharkhand
Program : YAP
Dates : 4 & 7 April 2018
Animators : Abhishek John and Chandra Sekhar Nayak
Participants: 600 Students

Institution: St. John's School
Place : Varanasi, UP
Program : YAP
Dates : 16 to 21 April 2018
Animators: Himanshi Singh , Sneha Saj, Abhishek John and Chandra Sekhar Nayak
Participants: 1000 Students



Fr. Susairaj, the Principal of the school was very happy with the program. He told the students that the success of the program will be seen in the change of your behavior. He liked the idea of the students joining the DAAD Revolution. He said: "when you do an ARK (An Act of Random Kindness) every day, you will develop an attitude of empathy, and thus reach out to those in need."

Himanshi, one of the DB ARK Team members, sharing with the students her admiration for Don Bosco and his educational system. He promoted the formation of the students without any punishment. He says that if the educator loves the students and make them realize that they are loved, the students bring out the best in them.



The principal was eager that there should be a follow-up program next year also. He said that he has already decided to invite the Director of DB ARK to conduct a Training Program for Teachers in the month of September, 2018.

Abhishek, the Team Leader concludes the two day program for the students exhorting the students to follow up the program by joining the 'DAAD REVOLUTION'. Each student is encouraged to do an ARK – 'An Act of Random Kindness' to some one in need. "Go out of your way to make some one happy every day."





TEACHERS ENHANCEMENT PROGRAM (TEP)

Institution: Dominic Savio School
Place: Lalitpur, UP
Program: TEP
Dates: April 13 & 14, 2018
Animators: Abhishek John and Chandra Sekhar Nayak
Participants: 35 Teachers



DB ARK Team is able to reach out to Teachers of the Hindi Medium School with the contributions of the latest authors in the field of education. It is done through various group activities and the analysis and the review that follow. The participants were receptive. They were able to receive the feedback, sift it out and take what was relevant to them.



They realized that, the more they are exposed to resource persons like those of DB ARK, they more they become aware of the need to become 'Learning Teachers' rather than be complacent as 'learned teachers'.

The teachers were unanimous in requesting for such programs every year. They said: "We never realized that we are out-dated teachers."

Institution: St. Mary's Inter College
Place: Allahabad
Program: YAP
Dates: April 11 & 12, 2018
Animators: Bijay Hembram, Sneha Saj, Himanshi Singh, Abhishek John and Chandra Sekhar Nayak
Participants: 200 Students



**We are disciplined,
but We have to be more creative**

One of the students concluded saying: "We are disciplined students. We thank our school for instilling discipline into us. But today we realize that in the bargain we are killing/stifling our creativity. The Angelic message we received today was that we can develop our spontaneity."

Creative Problem solving is a session that gave us insights into developing our creativity in our daily life. The secret was in generating alternatives and looking for more and more possibilities."



DBARK TEAM BUILDING EXERCISE / PICNIC

Places : Chennai, and Kerala

Program: : Team Building Exercise

Dates : 25 April to 5 May, 2018

Participants : Fr. Joe Arimpoor, Abhishek John, Bijay Hembram, Chandra Sekhar Nayak, Robin Cyril, Allwyn Sequeira, Sneha Saji, Himanshi Singh, Teresa Joseph

Fr. Joe Arimpoor is always creative in introducing new programs and interventions. The very idea of starting a Department of Social Work in Sacred Heart College, with Youth Welfare as a specialization, which perhaps is the only place in India where we obtain such a specialization with an MSW degree. Now he has started a two year program where an MSW degree holder can practise Social Work and get a second MSW, that is a Live-MSW. It is Maturity, Serenity, and Wisdom in living the MSW degree.

In addition to regular practise of the MSW, one grows in Maturity, lives a Serene life even in difficult situations, learn to be Wise and make Wise decisions.

The two weeks tour of Chennai and Kerala was an exercise to grow in Maturity, Serenity, and Wisdom.



San Thome Basilica is a Roman Catholic minor basilica in the city of Chennai. It was built in the 16th century by Portuguese explorers, over the tomb of Saint Thomas, one of the twelve apostles of Jesus.



Anna memorial, locally known as **Anna Samadhi**, is a memorial structure built on the Marina beach in Chennai, India. It was built in memory of former Chief Minister of Tamil Nadu, **C. N. Annadurai** (1967-69), who was cremated here in 1969.



MGR memorial is a structure built on the Marina beach in Chennai. He was the former Chief Minister of Tamil Nadu.



The body of former Tamil Nadu Chief Minister, **J. Jayalitha** is also buried at this site.

DBARK TEAM BUILDING EXERCISE / PICNIC



DB ARK Team at the 'Kappal Pally' (Church in the shape of a Ship) in Arimpoor, a village near Thrissur in Kerala. Fr. Joe Arimpoor, gets his Family name from here.



St. George's Forane Church is a Catholic pilgrim church situated in Edappally, Kochi, India. Around 5 million people visit the church every year because it is believed that the church has healing powers.

LuLu Mall, in the city of Kochi, Kerala, is the largest shopping mall in India in terms of total area.



The ARK Team at the House Boat in Kumarakom, where Fr. Joe, the Captain of DB ARK is steering the House-Boat towards "SHORES BEYOND" (Motto of 'Don Bosco Animation and Research Kendra' New Delhi).



The **Punnathur Kotta** Elephant Yard is the tethering site or home of the 56 elephants belonging to the temple. Also called the **Anakotta**



Thrissur Pooram is an annual Hindu temple festival held in Kerala. It is held at the Vadakkunnathan Temple. It is the largest and most famous of all poorams.



DBARK TEAM BUILDING EXERCISE / PICNIC



Thekkady in Kerala State, India's largest wildlife sanctuary is a dream destination for any tourist visiting India.

The Country's sole Tiger reserve, Thekkady, with its bountiful treasures of tropical flora and fauna is the ultimate reservoir of many an endangered species and a rich tribal culture.



Munnar is a town and hill station located in the Idukki district of the southwestern Indian state of Kerala. Munnar is situated at around 1,600 metres (5,200 ft) above mean sea level, in the Western Ghats mountain range. Munnar is also called the "Kashmir of South India"



**The DBARK Team Re-energized!
Synergized!!
and moving towards Senergy!!!**

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Towards shores beyond