

Ark VOYAGE



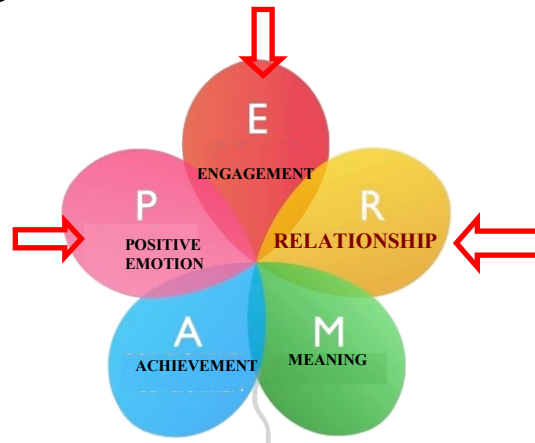
News Letter of Don Bosco Animation & Research Kendra, New Delhi

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Captain Speaks... POSITIVE PSYCHOLOGY AND RELATIONSHIP



I am continuing my reflections on Positive Psychology in these series of **ARK Voyage**, the **DB ARK NEWS LETTEER**. In the June Issue I spoke about the second element Engagement – E - of the Acronym for the practice of Positive Psychology, namely PERMA. In this issue I am going to reflect on **the third element – R – Relationship**.



*It is not the number of relationships that makes one really happy, but the quality of the relationships.
When you have dependable, and trustworthy relationships even to your old age, your memory stay sharper, and longer.*

Quality of life depends on the quality of Relationship. Relationship grows with good, positive communication. One can acquire good relationship skills. These skills can be taught as well.



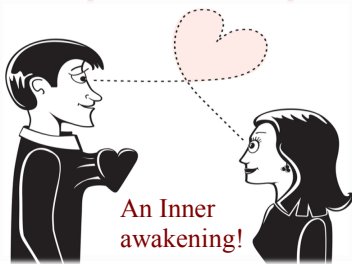
The Angelic message is that 'you can Relate more Effectively.'



In fact, Relationships are central part of our life. It is the basic need of everyone to know and be known at least by one another at a deeper level. When relationship reaches a deep level we enter into intimacy. It represents the interdependence of two separate, equal, and developing persons. Relationship starts with friendships. They provide a network where you can feel affirmed and supported. We may review the development of relationship, friendship, and intimacy from two perspectives. One is natural, and spontaneous. The other is consciously developed, often by acquiring the adequate skills in relationship building, maintaining, and promoting.



Captain Speaks...(Contd.)



Relationship may sprout when two individuals start entering into the lives of each other. It may start with words, looks, and other external initiatives. It goes further into feelings level, and still further into the deeper realms of each other. A common factor detected in this process is 'the inner awakening' in each other. This vibration is developed further spontaneously, or deliberately.

When relationship is developed consciously and through training, we look at the skills that promote and develop good relationships. Skills may be reviewed as possessed skills, as well as deficit skills. Possessed skills are our resources, while deficit skills are those we can acquire and enhance our relationships.

Resource skills or the possessed skills may include those skills we already have and practice. For example, one may be good at apologizing whenever one makes a mistake, or one is good at taking initiatives to relate to another when one meets a new person. We may distinguish certain skills as specific, for example, the ability to say no to an unreasonable request, or to say 'No', less aggressively.

SKILLS DEFICITS are those skills that we do not possess; for example, if one makes poor choices in a skill area. In the area of listening, one may be good understanding the talker, but poor at showing that the listener has understood.

Success in your approach to Relationships depends on taking the responsibility for IDENTIFYING, LEARNING, PRACTISING, and IMPLEMENTING the Required Skills. Why are feelings important in Relationship building?

One of the key areas in relationship building is acknowledging liking /attraction. When one is spontaneous in identifying one's own feelings and expressing them positively with the focus on 'I' rather than 'you' the response is most often positive. For example, "I felt lonely when you were not here", rather than "You are always late, you don't care for me". In the latter one tends to make judgments rather than express feelings. It is a specific skill to be able to listen to your own feelings. One has to develop the capacity to identify and label one's feelings accurately to be able to express them in building up relationships.



Feelings expressed with 'you' language - Leads to Judgment.

Feelings expressed with 'I' language - Leads to Understanding





Captain Speaks...(Contd.)



One of the barriers in using feelings effectively is the notion that others can make you feel in one particular way. But we know that feelings arise from our attitudes and values. Hence it may be good to review our attitudes and values when we get certain feelings. However what is more important is the way we express our feelings.

The use of the four God-given talents, namely Awareness, Imagination, Conscience, and Will can make all the difference in the positive expression of feelings. Once you are Aware of your feelings the Imagination develops various alternatives to choose from. Then, Conscience reviews the choices developed and determines the right choice from the wrong ones. Finally the Will comes into action when the decision is taken.

Another Powerful step in Relationship-Building is 'Active Constructive Responding'.

Example: A wife who is a teacher comes home and reports to the husband that she is promoted to the post of the principal, with a salary hike.

Now there can be different possible responses from the husband:

Active Destructive Response:

Husband: "You know what tax bracket you are going to get into?"

Passive Destructive Response:

Husband: "What is for dinner?"

Passive Constructive:

Husband: "Congratulations, you deserve it."

Active Constructive:

Husband: When I read the school report that you prepared last week, I found it excellent.

- How did the Manager communicate the good news?
- Where were you? Exactly what did he say?
- What do you think are the real reasons why you were promoted?

* In short, make the wife relive the situation, when she received the good news.

Four types of Responses

	Constructive	Destructive
Active	The Ideal Response	Rather Destructive
Passive	Not very Encouraging	Very Damaging

* This approach of the Active Constructive Response can be used in marriage, friendship, and in your job.



Captain Speaks...(Contd.)



In the process of the growth towards maturity one learns to develop democratic relationship.

There are certain blocks to communicate positively:

- i. Deep seated feelings of insecurity can be a serious block to communicate positively.
- ii. Disturbed and aggressive state of mind is yet another block to positive communication.
- iii. Another serious obstacle in building up good relationships is the natural urge in each one to direct and lead the lives of others. Even without being aware, one takes up the role judging and evaluating the behavior of others.
- iv. The uncontrolled use of the modern gadget, the 'smart phones', has become a very serious threat to the psychological well being of the child.

Children well listened to, feel accepted and they accept others! This is how they get into the "Virtuous circle of enhancements". Right from their childhood they feel safe and accepted. With the emphasis on 'multi-tasking' today children do not experience complete attention from the parents and other significant persons in their life. Added to this, When one is insecure, he/she takes to blaming, or become aggressive. This 'defensive-aggressive' behavior is very common in people who suffer from deep-seated insecurity.

Guidelines to Disciplining oneself and enhancing good relationships:

- In the first place one needs to learn to dialogue. In this process the most important skill to be used is to listen to the other empathically. One ought to learn to stay in the frame of reference of the other. Hence one has to check it out from time to time to make sure he/she understands the frame of reference used by the other. The surest means in this process is to summarize the frame of reference of the other before proceeding with one's own ideas.
- Research has proved time and again that a low opinion of oneself is a big obstacle in getting to know and accept the other. A person who feels worthless is always on the defensive. The more secure one feels, the more free one is to think of others. If one accepts oneself he/she is able to accept others more freely and spontaneously.
- Education to Self-Esteem facilitates Self-acceptance. Hence one needs to explore and discover the good in oneself and fall in love with yourself.
- Each gives to the other in listening, in trust, in availability.

Good relationships keep us healthier and happier and a longer life too.

A quality longitudinal research on 724 men for 75 years revealed three important findings:

1. Social connections are really good for us.
On the other hand loneliness kills.
2. It is not the number of friends and those connected to you, but it is the quality of your close relationships.
Living in frequent conflicting situations is very unhealthy.
3. Good relationships don't just protect our bodies, but they also protect our brains.
When you have dependable, and trustworthy relationships even to your old age, your memory stay sharper, and longer.

The danger of today's society is that we seem to be replacing 'screen-time' with 'real people-time'

~ Fr. Joe Arimpoor, sdb



Youth Animation Program (YAP)



Institution : St. Joseph's School, Kotdwar, UP.
Program : YAP
Dates : July 27 & 28, 2018.
Animators : Mr. Abhishek, Mr. Sekhar, Sneha & Mr. Bijaya.
Participants: 350 Students

Three D-Program with focus on God Experience

The specialty of this Youth Animation Program was that it focused on the Discovery, Develop, and Deploy of relationship with God.

Instead of preaching and talking on God the students were led to a search for God from within.



Ms. Sneha confronts the students confronted with the question:
 "What does GOD mean to you?"



Mr. Bijaya, Animator

"Unless you Discover and live the "Good News" in you, you have nothing worth sharing with others. Be young Evangelizers and Transformational Leaders!"

Institution : Christ The King College, Jhansi, UP.
Program : YAP
Dates : 19th & 20th July, 2018.
Animators : Mr. Abhishek, Mr. Sekhar, Ms. Sneha & Mr. Bijaya
Participants: 200 Students



Mr. Sekhar:

"When you discover your self-worth, you fall in love with yourself"

The Students realized that one of the best ways of discovering oneself is by reaching out to those in need with acts of Kindness.

The DAAD Revolution is introduced by DBARK to provide the opportunities for the students to become aware of those in need and respond to them with sensitivity & generosity.



Join the DAAD Revolution and create a society of love and equality



Youth Animation Program (YAP)



Institution : St. Peter's School, Kiratpur, UP.
Program : YAP
Dates : 27th & 28th July, 2018.
Animators : Mr. Abhishek , Mr. Sekhar,
 Ms. Sneha.
Participants: 200 Students

Building the young minds to take out the inner potentials and strengths in order to bring the change in their lives and the lives of others.



Mr. Abhishek:

“The meaning of life is to find out ones gift and the purpose of life is to give it to others.”

The meaning of life is not to mere survive instead thrive, with some passion for something that you love and with some compassion for some one in need of you, and above all with some sense of humor that elevates your spirit and with some personal style that adds charm to your life.



Mr. Sekhar:

“ Relate others without any hesitation, Love them without any limitation and remember them with out any communication”

Institution : Salesian Provincial House, Okhla, Delhi.
Program : POCSO
Dates : 20th July, 2018.
Animators : Fr. Joe Arimpoor SDB.
Participants: 11 Brothers

POCSO Act 2012

In presenting POCSO Act 2012 to the young Salesians of Don Bosco Fr. Joe Arimpoor, sdb focused on the basic principles on which it is based.

The Protection of Children from Sexual Offences Act, 2012 (POCSO)

The basic principles

1. Principle of the *Best Interest of the Child*
2. Principle of *Protection of the Child*
3. Principle of *Equality and Non-Discrimination – Leave no Child behind*
4. Principle of *Individuality and Participation*
5. Principle of *Privacy and Confidentiality*
6. Principle of *Non-stigmatizing Semantics, Decisions, and Actions*
7. Principle of *Avoidance of Harm*
8. Principle of *Non-criminalization of the Child*

Child protection/ safeguarding in schools and other establishment.

1. *Code of Behavior,*
2. *Reporting obligation, and*
3. *Reporting procedure*



TEP (Teachers' Enhancement Program)

Institution : St. Mary's Academy, Meerut, UP.
Program : TEP
Dates : 3rd July, 2018.
Animators : Fr. Joe Arimpoor & Mr. Sekhar
Participants: 63 Teachers

Institution : St. Mount Mary's School Delhi Cantt, Delhi.
Program : TEP (Challenges in Education)
Dates : 7th July, 2018.
Animators : Fr. Joe Arimpoor, Ms. Himanshi
Participants: 73 Teachers

The Quality of the School depends
on the quality of the Teachers



A visioning exercise

Fr. Joe: "A committed teacher is one whose personal vision is aligned with that of the school."

The management has the two important tasks of facilitating the discovery of the personal vision of the teachers on the one side, and on the other clarifying the vision of the school to the teachers. This process of alignment bears fruits in having committed teachers in the institution.



Mr. Sekhar addressing the teachers on Challenges from the perspective of students.

Six Thinking Hats by Edward de Bono

"Six Thinking Hats" is a wonderful framework to improve exploration, creativity and innovation in fostering in collaborative thinking.

The Six Hats are of six different colors representing a different type of or mode of



1. White HAT

***Facts *Details**
***Information *Research.**



2. Red

***Feelings *Emotions**
***Intuition *Hunches.**



3. Black White

***Caution *Consequence**
***Risks * Weaknesses.**



4. Yellow White

***Positive * Benefits**
*** Strengths * Value.**



5. Green White

***Creativity * Imagination**
*** Ideas * Possibilities.**



6. Blue White

***Thinking * Organizing**
*** Summarizing * Concluding.**



The Teachers had a wonderful experience of disciplining their mind and participating in the discussion that led to a systematic decision making.

TEP (Teachers' Enhancement Program)

Institution : St. Mary's School, Najibabad, UP.
Program : TEP (Challenges in Education)
Dates : 2nd July, 2018.
Animators : Fr. Joe Arimpoor, Mr. Sekhar
Participants: 110 Teachers

Institution : St. Dominic School, Lalitpur, UP.
Program : TEP (Workshop on Team work)
Dates : 6th & 7th July, 2018.
Animators : Mr. Abhishek & Mr. Sekhar
Participants: 35 Teachers



Teachers in a discussion on the challenges faced by them in the school.

Mr. Sekhar facilitated the teachers for more open discussion. As a teacher remarked, "challenges are many but we have never sat and given a deep thought to the ones faced by us. This exercise would definitely help us!"

Excited and rejuvenated at the end of the two days of Workshop on Team Work



Teachers actively participate in the 'Broken Squares' exercise.



Dedicated and dynamic teachers actively involved in the group discussion.

The teachers spontaneously participated in the exercise. They never realized that their behaviour during the exercise was a true revelation of their personal behaviour pattern.

With the analysis of the exercise they discovered themselves. Such a discovery led them to new insights into their personal and professional lives. Finally they were courageous enough to take strong decisions to act upon them. Their conviction was that growth takes place when you act on your insights.