

Ark VOYAGE



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

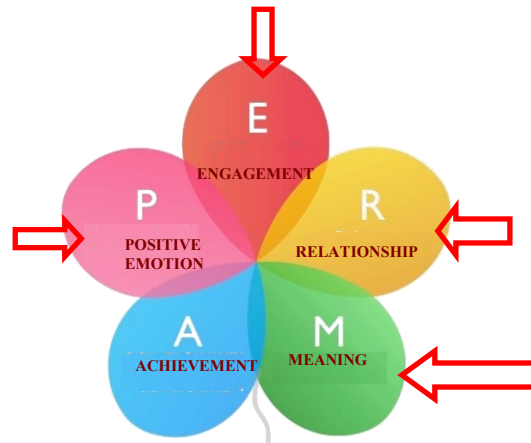
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Captain Speaks...

POSITIVE PSYCHOLOGY AND RELATIONSHIP



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



*To the degree that people perceive the **MEANING** of their lives, to that degree, they will devote their energies and passion which will give them the ultimate joy and peace.*

Meaning refers to belonging and serving something bigger than self. Self is an impoverished soil for Meaning. Human beings continually search for Meaning in one's life. We are restless until we find it. Once we find it and live it we are serene and peaceful.

Deep within each one of us there is an inner longing to a life of Greatness and Contribution. It is in the seizing of this longing and following it that one finds one's meaning in life. Greatness is achieved by fulfillment and passionate execution of a significant contribution that one makes to society.

In general, one may conclude, that we are at our best when we dedicate time and energy to something greater than ourselves. This might be religious faith, community work, family, politics, a charity service, a professional, or a creative goal.

Greatness is achieved by fulfillment and passionate execution and significant contribution.





Captain Speaks...(Contd.)

Effective parents, good educators, great leaders are those who find their voice and inspire others – children, students, followers, and clients in general, to find their voice and empower them to express it.

In inspiring others to find their Meaning/Voice, the mentors (parents, educators, leaders) communicate to their mentees (children, students, clients, followers) their worth and potentials in themselves. Once they come to see it, they need courage and strength to live it, and accomplish it.



The one million dollar question is: 'How do I find Meaning of my life?'

The pathway to find Your own Voice/Meaning is by using your three birth-gifts:

- Freedom and power to choose
- Natural laws and principles
- The four intelligences/ capacities

Once you find your Voice/Meaning you need the courage to express it, that is, live the Meaning of your life.

Once again, the question is: It is by clarifying your own Personal Vision, and passionately following it with strict discipline, and genuine principles and values.



'How do I live the Meaning of my life?'

It is by clarifying your own Personal Vision, and passionately following it with strict discipline, and genuine principles and values.

One discovers one's personal vision in a process, step by step. When the core meaning comes in confrontation with dramatic events a spark appears in his/her life. At times, this one single spark is so powerful that it gives rise to the discovery of one's vision/meaning in life. Often different sparks at various moments of one's life strengthen the initial spark and give rise to a flame. When this flame is shared with other like-minded people, a fire is produced. In some cases this fire becomes so big, that it gives rise to a bigger fire – a national or a global vision emerges.



Search for Meaning and Vision is an on going process, not a done-deal!

In the process of developing and living the meaning of one's life, true leaders live an unquestionable integrity, which comes from character and competence. When Vision is applied to imagination, the vision acquires greater significance. In this process one develops a sense of one's own destiny, sense of unique mission and role in life. The process of discovering and living the sense of purpose and meaning in one's life continues.



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Statistically religious people are found to be happier than non-religious people. They use their 'signature strengths' in the service of people, something larger than themselves. Here, 'signature strengths' connote personal gifts like, kindness, love, generosity, gratitude, etc. They are different from 'talents'. Talents may denote IQ, music, etc. The question emerges, why the religious people? Is it because they found the meaning in their lives when they approached close to the ultimate meaning in anyone's life, namely God?



Mother Teresa found Meaning in her life when she came close to God.

God connects us to the poor and the needy!



Mother Teresa lives her Meaning in life when she reaches out to the helpless.

A third question that arises is: 'Can we build/enhance the meaning in our lives? Can we help children or adults to build meaning in their lives?'

Few tips are given below to build Meaning in one's life:

1. You are invited to write your future, as it would be seen by your grand children/ future generation. How they would **write your obituary, focusing on the contributions you have made for the future of the society.**
2. Studies show that often individuals find 'Meaning' in their lives, but they do not have the Grit – passion and perseverance – and hence they lose the vigor of the Meaning in their lives. They become listless, insipid and all their enthusiasm and energy get depleted. They are led to a mediocre and passionless life.



Captain Speaks...(Contd.)



This phenomenon is also seen in organizations. Often the founders, the pioneers, and the visionaries give meaning to the organization, a cause to live for and die for. The followers find no meaning in such initiatives, and at the same time they promote their selfish interests and distort the purpose for which the organization was founded. Fortunate is the organization if and when a reformer comes up and renews the organization and makes the meaning once again relevant and updated. In many cases the founders have established good renewal mechanisms, but the followers have not taken such mechanisms seriously. Change is frowned upon. Instead of developing a 'growth mind-set', they get stuck with a 'static mind-set'.

3. Leo Buscaglia would say: "Life is a paradise for those who love many things with a passion." There are many things we are engaged in, that are means to an end, for example, money, a good job, education, life partner, service, Love of God. What is that ultimate end? When the passion gets focused, the real Meaning gets its identity. Then other passions flow from the life Passion, that is, Meaning.

Ernest Becker in his book: "Meaning of Meaning", dwells on this concept of the real meaning in one's life will emerge when we search for the meaning of many of our passions in life. From this search the Meaning of meanings will be found.

4. Identification and the discovery of one's meaning in one's life is vital. Pursue the meaning throughout one's life. It is not a done deal. It is an on-going process.

What satisfies most in your life? This needs to be a daily reflection, which give rise to Insights.

When you keep acting on your insights, Meaning gets nourished, keeps alive, and enthusiasm becomes your daily bread.

5. The super highway to reach the destiny of Meaning is the Eternal Perspective. When one views the reality, and one's own life through the perspective of eternity, our values, priorities, and the very meaning of life change. "What does it profit a man if he gains the whole world and suffer the loss of his own eternity." DB ARK has its motto: 'Lead the young towards the eternal shores – shores beyond!'

Our modern culture is highly influenced by materialism, and consumerism. Hence everything around us shouts aloud that only the present enjoyment is what matters in life. 'Amass and enjoy' is the slogan. **Ernest Becker speaks about this in his book: "Denial of Death."** In general, people are reluctant to think of the eternal perspective in one's life.



***BLESSED IS THE ONE WHO FINDS
HIS MEANING EARLY IN LIFE.***

Core Meaning – meaning of meaning is in you. Search for the meaning in you. The initial search and finding of meaning is just a means. Search and find the ultimate meaning in life. God is the **GOOD NEWS** – God is Love, He loves us – that is the Good News. When He created us He created us according to His image, that is, He implanted a little piece of Himself in us – Love. **So the meaning of our life is in the discovery and living this Good News - a life of Love.**

~ Fr. Jog Arimpoor, sdb



YOUTH ANIMATION PROGRAM (YAP)



Institution : St. Joseph School, Bhopal, MP.
Program : YAP
Dates : 13th July to 22nd August, 2018.
Animators : Mr. Abhishek, Mr. Sekhar,
 Ms. Sneha & Mr. Allwyn.
Participants: 700 Students

Institution : Sacred Heart Convent, Jamshedpur, Jharkhand.
Program : YAP
Dates : 6th & 11th August, 2018.
Animators : Mr. Abhishek, Mr. Sekhar, Ms. Sneha
 & Mr. Bijaya
Participants: 700 Students



“DB Ark team energizes the student to have active participation”



Fr. Joe Arimpoor sdb lighting the lamp. “Dear lord enlighten all through your knowledge & wisdom”

Students: “Why don’t we have such programs often in our school? It is so interesting and at the same time so useful for our personal growth!”

While the sessions were conducted by the DB ARK team for the students. Fr. Joe Arimpoor the Director had friendly chats with the students on a one-to-one basis.

It was reviling to note that the young students are eager to share their problem with an understanding and caring adult.

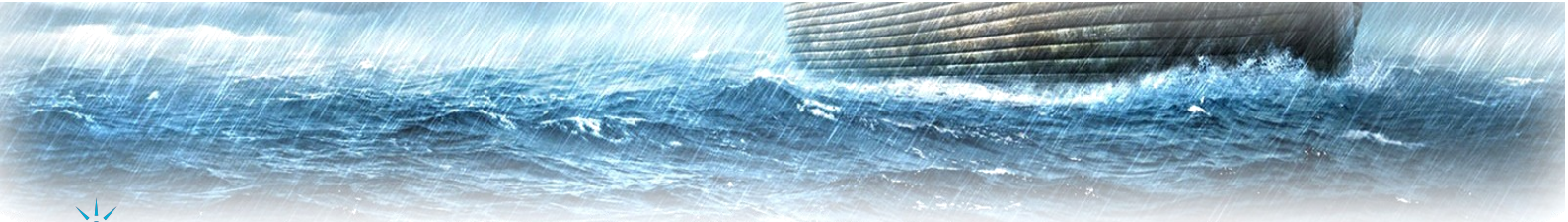
They are craving for people who are ready to listen and accompany them to their future.



Ms. Sneha: “When you discover your self-worth, you fall in love with yourself”



Fr. Joe Arimpoor sdb: Inspires and motivates the young ones to bring change in the societies.



YOUTH ANIMATION PROGRAM (YAP)



Institution : St. Peter's School, Dabra, MP.
Program : YAP
Dates : 1st-2nd August, 2018.
Animators : Mr. Abhishek, Mr. Sekhar,
& Ms. Sneha.
Participants: 250 Students



It was for the first time that we had such an exciting program for our personality development. The DB ARK Team was very friendly, jolly, and highly knowledgeable. They had the talent and capacity to deliver it effectively. We enjoyed! We learnt! We will transform our lives along the guidelines given to us by them.



Mr. Abhishek focusing on the importance of developing oneself and becoming a better individual to use their life skills in best possible manner

The Program was a great learning platform for the boys and girls to unleash what is their within each one of them. The students get to know about how important is to have the self mastery and awareness about oneself. It gave them an outlook to see their world around them so that they can develop themselves and build up positive relationship with others.

Institution : St. Xavier's School, Bhopal, MP.
Program : YAP
Dates : 23rd-29th August, 2018.
Animators : Mr. Abhishek, Mr. Sekhar,
Ms. Sneha & Mr. Allwyn.
Participants: 900 Students



The DB Ark team gives a glimpse of the 3-D program at the initial orientation session.

Concluding remarks by the students: "The uniqueness of the DB ARK program was that important and serious message are capsule with variety of activity like group exercises, and problem solving.

They made the program a joyful learning experience. Kudos to the DB ARK Team!!"



Mr. Sekhar involves the students in the program

Research shows that periodical energizers, songs, and humour prepare the mind to be attentive and get engaged in the program.

Students are sharp to realize that it was a variety that made the program interesting.



Teachers' Improvement Program (TEP)

Institution : Sacred Heart Convent School, Jamshedpur, Jharkhand.

Program : TIP

Dates : 11th, August, 2018.

Animators : Fr. Joe Arimpoor, sdb.

Participants: 65 Teachers

Institution : Carmel Junior School, Jamshedpur, Jharkhand.

Program : TIP

Dates : 11th August, 2018.

Animators : Fr. Joe Arimpoor, sdb.

Participants: 83 Teachers



Fr. Joe Arimpoor sdb, Inspires and motivates the teachers through TIP (Teachers Improvement Program)



Fr. Joe Arimpoor sdb: Challenges the Teachers to move from a learned teacher paradigm to a learning teacher paradigm.

It was an innovative idea of Fr Joe to provide 700 plus videos of educators, authors and thinkers on topics that very relevant to the educators of today.

The teachers are at a loss to face the challenge of the Knowledge Explosion and Information Revolution that is growing rapidly today.

Teachers were invited listen to one talk a day and at the end of the month they come together and share their insight and

They welcomed Fr. Joe's intervention of accompanying them in their journey towards A NEW BRAND OF TEACHERS!



Fr. Joe exhorted the teachers to help the students to identify their hidden talents and accompany them towards their self actualization. He made them realize the importance of this task through a problem solving exercise.



PARENTS EMPOWERMENT PROGRAM & PYYAR

Institution : Sacred Heart Convent School,
Jamshedpur, Jharkhand.

Program : PEP

Dates : 11th, 2018.

Animators : Fr. Joe Arimpoor, sdb.

Participants: 60 Parents



Mr. Mukesh echoes the words of Fr. Joe “Couple love is the greatest gift that parents can give to their children”

The Parents were eager to learn from Fr Joe what their children shared with him in the friendly chat.

Fr. Joe observed that there are three types of parents who bring up their children:

1. Parents who take a back seat in the formation of the children since the weapon of punishments of any kind is taken away from them. They tend to a new parenting style of up-brining their children where undemanding and unsupportive approach seems to be prevalent. Such neglectful parenting creates an especially toxic emotional climate.
2. There are other parents who are over-strict, and do not trust the children at all. They are overprotective and stifle the growth of the children to spontaneity and freedom.
3. The third category of parents is those who realize that children need freedom, but also need limits. In exercising the practice of setting limits, they rest more on their experience and wisdom rather than power. The basis of this approach is the value-clarification method where children are provided with stable points of reference for their value clarification experience.

Institution : St. Charles School, Najafgarh, Delhi.

Program : PYYAR

Dates : 5th & 7th August, 2018.

Animators : Mr. Robin, Ms. Himanshi,
Ms. Teresa & Ms. Assuntha.

Participants: 500 Students



Ms. Teresa: Gives PYYAR orientation “Another world is possible where Love, Justice and Equality reign supreme.”

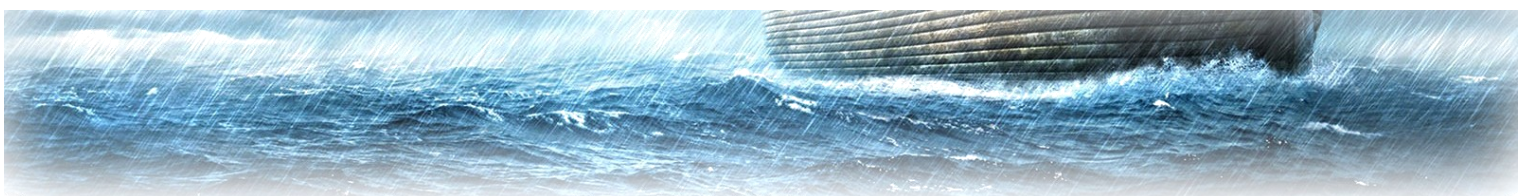
A new team for PYYAR has come forth to take the Movement to higher heights. They are determined to lead many more young people towards the goal of ushering another world where love, justice, and equality will reign supreme.

They go from school to school to enrol the Privileged Young in the Movement, while they go to YAR (Young At Risk) centres and communities, like slums to enrol the YAR children into the Movement.



The Students of St. Charles School, Samashpur Khalsa Najafgarh were excited about the Movement and were eager to join hands with the DB ARK team to make the world a better place for all.

The Principal of the school was also very enthusiastic about this Movement.



SPECIAL PROGRAM - MSW PAST PUPILS' REUNION



Program : MSW-Tirupattur-Reunion,
Place : Club Mahindra, Cerai, Kerala
Dates : 4th & 5th August, 2018.
Animators : Fr. Joe Arimpoor, sdb.
Participants: 25

For retired teachers and professors the greatest joy is to see their past students doing well in society, especially when they lead honest lives, loving and fearing God, and serving the poor and the disadvantaged.



The Alumni with Fr. Joe Arimpoor sdb,

Fr. Joe Arimpoor, sdb the founder Director the BOSCO INSTITUTE OF SOCIAL WORK at Sacred Heart College with the first Postgraduate Department of the College, was extremely happy to meet the professors and the alumni of the Department at Club Mahendra, at Cerai Beach, Kerala.

There were students who are now working abroad, others leading executive posts in organizations in India, and leading happy and successful lives.

But the real heroes who were honoured at the Reunion were the two who went all the way to get committed to the cause of the upliftment of the poor and the disadvantaged. Dr. K Krishnan, Executive Director– Foundation for Sustainable Development, and Secretary General– National Adivasi Solidarity Council. In fact, he has been the recipient of many awards including the President's Award.



Sharing a light moment with the friends and recalling the golden days of the past, are the best therapy in the world.

The other was Mr. A. Lawrence, who is the Director of ECOMWEL ORTHOPAEDIC CENTER Tharamangalam, Salem, Tamilnadu. working for Differently abled. He is the recipient of State and Central Awards for best Institution serving for differently abled.



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