

Ark VOYAGE



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

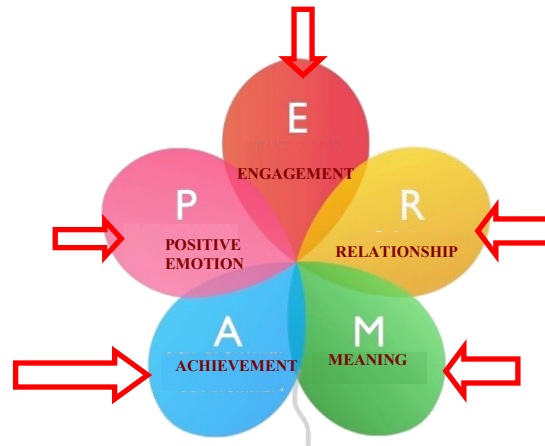
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Captain Speaks...

POSITIVE PSYCHOLOGY AND ACCOMPLISHMENT



I am continuing my reflections on Positive Psychology in these series of ARK Voyage, the DB ARK NEWS LETTER. In the August Issue I spoke about the fourth letter – M – **MEANING** - of the Acronym for the practice of Positive Psychology, namely PERMA. **In this issue I am going to reflect on the last letter A – Accomplishment.**



GRIT—Passion and Perseverance- is the super highway to success and accomplishment.

Self Discipline is the handmaid of Grit.

ACCOMPLISHMENT, ACHIEVEMENT, OR COMPETANCY is the result of self discipline and grit. One achieves self mastery in this process.

True success comes when we devote ourselves to endeavours that give us joy and purpose. What we eventually accomplish may depend more on our passion and perseverance than on our innate talent. Angela Duckworth's research shows that self-discipline and grit is twice as important as how smart you are. IQ and talent take a second place in front self discipline and grit.



He lost eight elections, twice failed in business and suffered a nervous breakdown. He could have quit many times - but he didn't and because he didn't quit, he became one of the greatest presidents in the history of the United States of America.

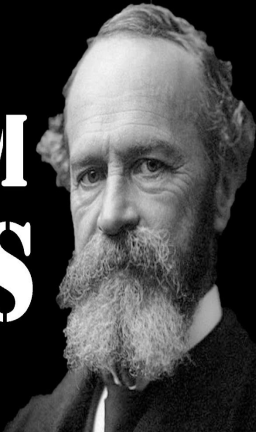




Captain Speaks...(Contd.)



**WILLIAM
JAMES**



The Harvard psychologist, William James raised the question of how people differed in their pursuit of goals. From his study he concluded that it is the **EFFORT**. The degree of effort makes all the difference. Several surveys and studies in the USA focussed on this question: ‘Which is more important to success– talent or effort?’ the result was that it is effort. A further question that was: “If you were hiring a new employee, which of the following qualities would you think is most important?” and the finding was that “being hardworking” was preferred to intelligence by nearly five times more than “intelligence.”

People with ‘Grit’ do not easily give up the ultimate goal because of a failure in the mid-level goals. They develop alternate strategies. They review their past strategies and develop new strategies, which I consider will have the qualities abbreviated as SIPER strategies. SIPER stands for S – Significant, I – Innovative, P- Powerful, E – Effective, and R- Radical. Once you find your Destination, you may change your flight path, but then you will keep to the compass that will take you to your goal.



Catherine Cox and her study on accomplishment.

A Stanford psychologist named Catherine Cox made a study on the biographical details of 301 exceptionally accomplished historical figures.

Her study revealed two significant findings:

- i. as a group, accomplished historical figures are smarter than most people.
- ii. A more unexpected observation was that how little IQ mattered in distinguishing the most from the least accomplished.

This revelation posed a further question: ‘If intellectual talent wasn’t the determinant of whether a person ascended to the successful group, then what was? After a prolonged study Catherine Cox came to conclusion that it was, as she termed it, “**persistence of motive**”, which in other words would be ‘grit – passion and perseverance’.

> **GENIUS = Passion + Perseverance**

> **Self Discipline out does IQ**

> **Grit is extreme persistence**



Captain Speaks...(Contd.)



If you consider that you are not as gritty as you want to be, you may ask two questions:

Why? 2. How?

In answering the first question, **why I am not as gritty as I would like to be**, a few sign posts would help you.

The first sign post is **interest**.

Passion begins with intrinsically enjoying what you do. Every gritty person would point to aspects of their work they enjoy less than others, and most have to put up with at least one or two chores they don't enjoy at all. Nevertheless, they are reactivated by the endeavour as a whole. With enduring fascination and childlike curiosity, they practically shout out, "I love what I do!"

The second is the capacity to **practice**.

One form of perseverance is the daily discipline of trying to do things better than we did yesterday. So, after you've discovered and developed interest in a particular area, you must devote yourself to the sort of focused, full-hearted, challenge-exceeding skill practice that leads to mastery. You must zero in on your weaknesses, and you must do so over and over again, for hours a day, week after month after year. To be gritty is to resist complacency.

The third is **purpose**.

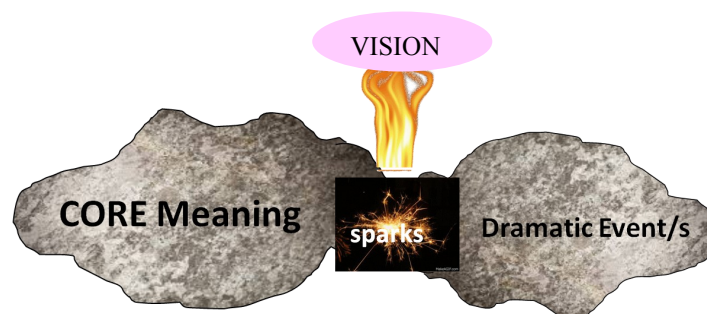
What ripens passion is the conviction that your work matters. When you are convinced of the goal then the adequate effort ensues.

The fourth is **hope**.

Hope is a rising-to-the-occasion kind of perseverance. Hopes should never die.

In answering the question why you are not as gritty as you would like to be, you need to identify what you enjoy doing most in your life and follow that passion in full. It is evident that people *perform* better at work, when what they do interests them. It is to be noted that **passion for your work is a little bit of discovery, followed by a lot of development, and then a lifetime of deepening.**

One must also remember that **most visions and dreams have arisen when one's core meaning has come in confrontation with the dramatic events** around them. Introspection does help, but more often interests are triggered by interactions with the outside world.





Captain Speaks...(Contd.)



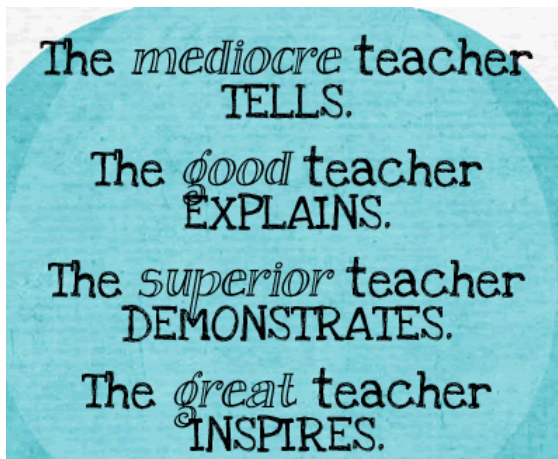
Positive feedback nourishes Interests

Interests thrive when there is a group of encouraging supporters around you like the parents, teachers, mentors, and peers. Why are other people so important? For one thing, they provide the ongoing stimulation and information that is essential to actually liking something more and more. Besides it is clear, that **positive feedback makes us feel** happy, competent, and secure.

Benjamin Bloom, psychologist who interviewed 120 people who achieved world-class skills in sports, arts, or science and their parents, coaches, and teachers **concludes that the development of skill progresses through three different stages**, each lasting several years:

FIRST STAGE: "The Early Years."

Interests are discovered and developed in what Bloom called "the early years." Encouragement during the early years is crucial because beginners are still figuring out whether they want to commit their life to.



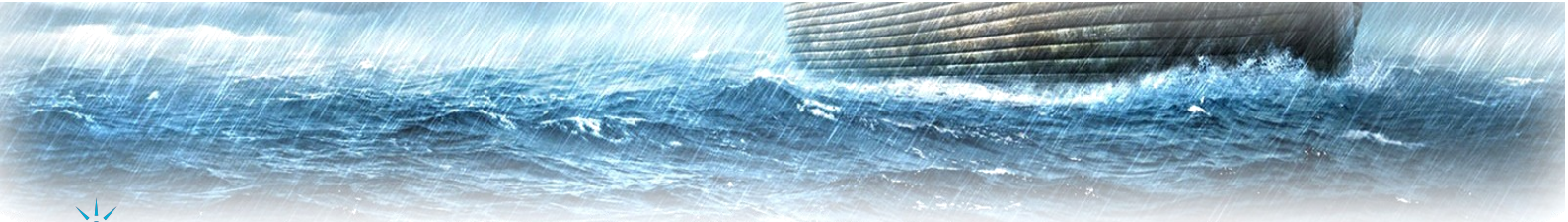
The best mentors at this stage need to be warm and supportive. Teachers play a major role at this stage. They make learning a joyful experience and it clicks.

It is important that the children enjoy at this stage a good degree of autonomy. It is found that overbearing parents and teachers stifle intrinsic motivation. Kids whose parents let them make their own choices about what they like are more likely to develop interests later identified as a passion.

Creativity is nurtured in the children when their analytical ability is encouraged. If only the parents and teachers would have the patience to listen and respond to the queries of the children – the oft-repeated questions - at the early age: what? and why? Then they are on the highway to creativity. Later, the critical question of 'why not?' and finally, the question of 'how?' Takes them to discover their passion and commit themselves with perseverance to the end.

•A-C-I path is the super highway to:

- Creativity
- Discovery
- Inventions



YOUTH ANIMATION PROGRAM (YAP)

SECOND STAGE : “The Middle Years”

It is the practice that develops the stamina, technique, confidence, and judgment to reach the goal. As a famous Olympic swimmer put it ‘I must have swum, during my practice, the distance around the world, for a race that lasted forty-nine seconds.’



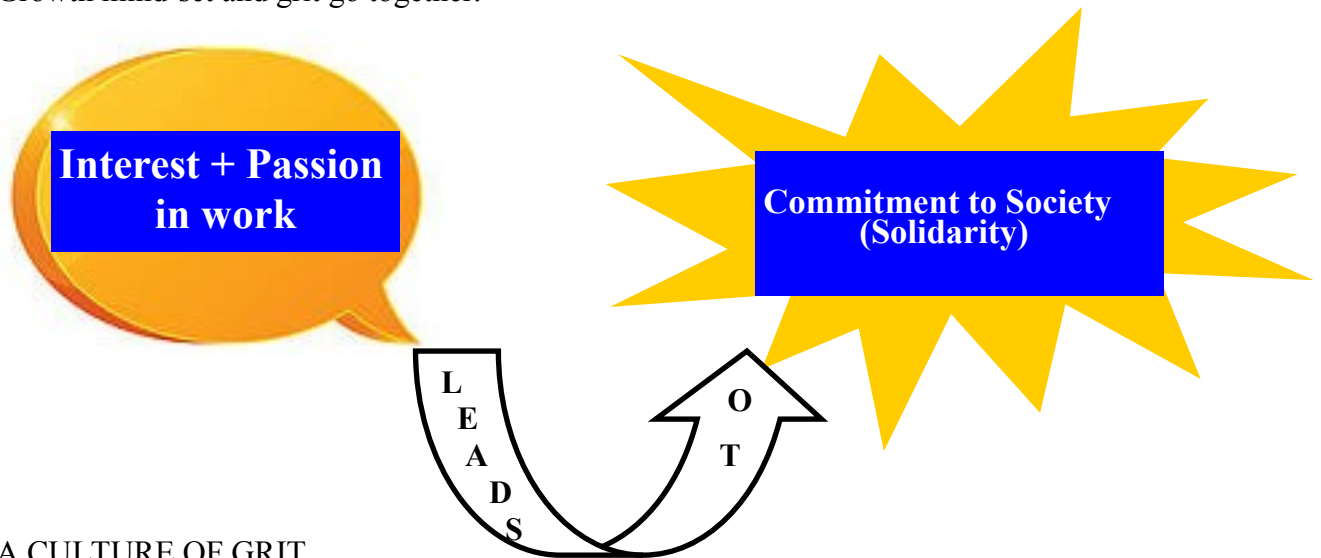
Michael Fred Phelps II is an American retired competitive swimmer and the most successful and most decorated Olympian of all time, with a total of 28 medals. Phelps also holds the all-time records for Olympic gold medals, Olympic gold medals in individual events, and Olympic medals in individual events.



THIRD STAGE: “The Later Years”

The period of accomplishment enters the last stage when one integrates the interest and passion with another-centred purpose.

The three stages may viewed as starting with a relatively self-oriented interest, to a self-disciplined practice, and finally integrating the work with an ‘other-oriented’ purpose. An open mind, and a Growth mind-set and grit go together.



A CULTURE OF GRIT

The bottom line on culture and grit is: *If you want to be grittier, find a gritty culture and join it. If you're a leader, and you want the people in your organization to be grittier, create a gritty culture.*

If you want to create a great culture, you have to have a collection of core values that everyone lives. Half the team's core values are about teamwork. Half are about grit. Together, they define a culture.

G.R.I.T = GOALS - RESPECT - INTEGRITY - TEAMWORK

~ Fr. Joe Arimpoor, sdb



YOUTH ANIMATION PROGRAM (YAP)



Institution : St. Dominic Savio School.
Place : Lalitpur, MP
Program : YAP
Dates : 17 - 20 September, 2018
Animators : Mr. Abhishek, Mr. Sekhar,
 Ms. Sneha & Mr. Allwyn.
Participants: 700 Students

Institution : St. Ann's School.
Place : Nuzvid, Andhra Pradesh
Program : YAP
Dates : 14 & 15 September, 2018
Animators : Mr. Abhishek, Mr. Sekhar,
 Ms. Sneha
Participants: 155 Students



Inauguration of the Youth Animation Program

The police official who inaugurated the program struck the right note by emphasizing on the need for Discipline in society. If this type of programs are conducted regularly in schools and the **students acquire a 'Culture of Discipline'** there will be more law abiding citizens in the country. Then the Police Department will have a different image altogether. They will be accompanying the people to peace, and harmony, rather than to courts and prisons.



The DB ARK Team felt that these students need such Programs more frequently. They were so disciplined and receptive.

The DB ARK Team felt enthused witnessing the great eagerness in the students. **They were thrilled with their experience of spontaneity, and freedom that they could express.** The periodic energizers, and the action songs kept them going. The **Positive Emotions** created in them gave rise to intense **Engagement**, which in turn created a very healthy and happy **Relationship** with the DB ARK Animators. The students were happy to discover the **Meaning** in their lives and with enhanced Self-Esteem they could rise higher and march towards their **Accomplishment..**



Mr. Abhishek, the Team Leader was quite emphatic on the need for acquiring the right values and inculcating strong convictions in our younger days.

'Values are not taught, but Caught!'



PYYAR

Institution : Asha Grih
Place : Dwarka, Delhi
Program : PYYAR Orientation
Date : 28 September, 2018
Animators : Himanshi Singh, Assuntha Josephine and Allwyn Sequeira



Ms. Himanshi Singh, the Team Leader of PYYAR invites the YAR(Young At Risk) to join the movement.

The new PYYAR Team, full of life and enthusiasm reaches out to various centres, challenging the young to join this movement to make our society more just, humane and equal.



Music and Songs bring Joy and Happiness into the group. No wonder, why Don Bosco said: "Music is the soul of every Salesian Institution!"

Children were eager to know when will they get the names and details of their friend from the PY group(Privileged Youth) so that each one can write a letter to her friend.

They were excited with the idea of FIG (Face-to-Face In Groups) where they can meet their new friends in person.

Institution : Asha Deep Foundation
Place : Gautampuri , New Delhi
Program : PYYAR Orientation
Dates : 19th September 2018.
Animators : Fr. Joe Arimpoor, Ms. Himanshi, Robin Cyril, and Assuntha



The DB ARK Team reaches out to the Asha Deep Foundation (ADF), Seemapuri. Mr. H. K. Chetty and his wife Jyoti Chetty a very enthusiastic and committed couple, eager to introduce PYYAR Movement for the children of ADF.



Mr. Chetty: "This is a wonderful Movement to bring about a radical change in our society. We are ridden with division and discriminations. Instead of appreciating and celebrating differences we make discriminations based on caste, color, wealth and language. The vision of the DB ARK with the PYYAR Movement is wonderful where they dream of a new society - **'Another World is Possible!'**"

About 200 children volunteered and joined the PYYAR Movement. Now they are eagerly waiting for their friends from the PY (Privilege Youth) group. The Director of DB ARK welcomes the enthusiastic support of ADF Team. When this two organisations work together, surely Synergy will be the outcome.

Kudos to PYYAR Team!!!



Teachers' Improvement Program (TEP)

Institution : St. John School,
Place : Ledhupur, Varanasi
Program : TEP
Dates : 28th and 29th, September, 2018.
Animators : Fr. Joe Arimpoor, sdb, Vivek Singh
 and Robin Cyril
Participants: 65 Teachers



Fr Joe Arimpoor, sdb: "A Learned Teacher is a most dangerous species in the field of Education!!" Therefore move from a "Learned Teacher Paradigm" to a "Learning Teacher Paradigm".



Mr. Vivek Singh added a new flavour to the training program by his presentation on NVC (Non Violent Communication).

Mr. Vivek is completing his certification course for being an certified trainer of NVC. His passionate interest in NVC was very evident in the session he took for the teachers.

NVC is a wonderful technique to bring peace and harmony into every family, into the society, and in fact, in every relationship.



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