

Samanwaya 2011



**SAMANWAYA DARSHAN 2011**



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## FORWARD

Samanwaya institute is the pulse of 'Wisdom Culture'. A long cherished desire to have an institution of wisdom empowering for a holistic human living is fulfilled on July 19th 2005 with the establishment of Samanwaya Vision Mission Research Institute. Very Rev. Dr. Vincent K. Peter, the founder of Samanwaya Vision Mission Research Institute, is at present the director of Board for Clergy & Religion, and the Rector of Minor Seminary – Diocese of Neyyattinkara. This institute is erected with the view of Pastoral Empowering of Human Person in a Pluralistic Society.

The institute conducts Samanwaya Darshan Programme including Jeevithopasana, Manava Samagratha, Samanwaya Success Line, Tapping the Talents, Samanwaya Youth Mission etc. for the Empowering of a Holistic Human Living. Samanwaya mission of wisdom is an integral approach towards the Divinity, Humanity and Ecology. It is a new way of an integral pastoral mission in a Pluralistic Context.

The aim of the institute is to foster the skills of vision to do active mission in a pluralistic society. Lack of proper vision of the nature and the human person, life of the people in a pluralistic society is getting weak day by day. In order to make a better community with proper vision we have to begin a new method of pastoral mission in a pluralistic society. This mission will touch all areas of human life, ecology of nature and the truth of Divine reality. It will be based on the Theo-anthropological vision of the Catholic Church especially on the views of Pope, John Paul II and Karl Rahner the contemporary theologian.

The year 2011 was blessed with many events in the institute. Palakan News Bulletin and Palakan News Neyyattinkara are great among them. This is a consolidated report of the past year. We know still we have to go miles and miles to fulfill the vision and mission of the institute. We are sure that we are in the right track.

We extend our sincere gratitude to Rev. Dr. Vincent K. Peter, the Director of the Institute for his boundless support and encouragement. Above all we fold reverently our hands to God, Almighty, who is always with us to guide us, to lead us and to bless us.



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## INTEGRAL LIFE SUCCESS

2.05.2011, Monday



The inaugural meet of Integral Life Success commenced at 9.30 am with prayer song. Brother Vignesh invited the chief guest and all brothers. Br Marko inaugurated with a speech. Brothers clarified their doubts and shared his experiences. He spoke about the importance of English language and he talked about Italian culture. Br.Christuraj delivered vote of thanks.

Subject : **Communication**

Resource Person : Adv. Vijayakumar

Language is the medium of communication. Communication is the expression between two individuals. The origin if language is actions and picture writing. He talked about the differences between vowels and consonants. Sentence is the group of words which gives complete sense. A sentence must contain with subject and predicate or object. He explained the basic concepts of English language. He told that a subject may come anywhere of the sentences. He has taught the important parts of the sentence.

Subject : **Autosuggetion**

Resorce Person : Mr Renjith

Ambitions are several but aim is only one.” According to him the values of goals are Family, Money, Situation and Health. Then he lifted up some of the stories of world famous individuals. “Humans are using only 7% of his memory capacity. Brain consists with 110000000000 neurones. Five sense organs are helping brain to get the information’s and releases some reflexes to the organs.

Conditional reflexes are through knowledge and unconditional reflexes are through birth. We cannot calculate the connections between the neurones. He has given some exercises. Through an exercise he proved that signature is the reflexes. Then he explained ‘auto suggestion’.



Content= 8%



Body language =55%

Tone=35%

Personality=2%

Total=100%



### 3.5.2011, Tuesday

Subject            **Communicative English**

Resource Person        : Adv. Vijayakumar

He began with talking about tenses. He taught them up to past perfect tense and gave some of the exercises regarding tenses. The words 'since' and 'for' are the point of time and period of time. He has given examples for every explanation. The students were much responsible to the teacher.

Subject                        : **Attitude and Success**

Resource Person        : Mr. Sam Levans

The afternoon session was carried out by Mr Sam Levans. The topic was 'Attitude and Success'. He started his class with the story of Buddha. He convinced the students that the attitudes of people are different through an exercise. Attitude is nothing but the thinking process. It is not an organ but it is a process. Our attitude reveals different types of thinking. The well-known sociologist Thomas defines attitude as the sentiment or feeling pattern of behaviour in response to a particular person or objects or incidents. He had shared his own experiences and stories to make the session alive. Attitude can be changed by

Lack of confidence

Ignorance

Circumstances

There are two types of attitude-positive attitude and negative attitude. Responsibility, positive criticism, positive interpretations, etc. are some of the positive attitudes. Attitude is closely related to our imagination, dream and desire. We are just like shapeless rocks. Our personality is hidden in our body like a rock. We must remove the unwanted things which present in our body. The students clarified their doubts and the class ended at 3.30 pm.



**4.5.2011, Wednesday**

Subject : **Spoken English**

Resource Person : Mr Sajumon

First of all he gave the students an idea of the importance of English. He started the class with a short note on collective phrases. He divided the students into three groups. The collective phrases are very useful for the effective communication. He pointed out that reading is necessary and important for students. In order to improve the writing skills the students were given an exercise to write about the consequences of using the pesticide Endosulfan. Mr.Saju Mon gave some of the hints to write this exercise.



Subject : **You Too Genius**

Resource Person : Mr Renjith

The afternoon section was made alive with an outstanding presence of Mr.Renjith, on the topic “You too Genius”. He started the class with an exercise. He invited the students to write their ambition and to stick in the mirror or the place which they used to visit. What we think before sleep that works in our memory while we sleep. In every second our attitude changes, that’s why we must write up our ambition.

We cannot put aside the importance of breathing exercise for the improvement of concentration. To improve the positive thoughts he introduced a technique to the students – imagine a picture of yourself being in a well known position and the picture finds a little vague. On the other side imagine a bright picture of a desperate, let the pictures collide each other and you imagine the picture in your ambition remains with much brightness - thus the students were so interested the technique called “Auto-suggestion”.

**5.5.2011, Thursday**

Subject : **Creativity**

Resource Person : Mr Sumesh Krishnan

Creativity does not need of knowledge. Reading habit helps us to develop our creativity. Our creativity will be much attracted by our own skills. It is not an old thing; it is a new creation of our-self. Creativity must be according to the circumstances, the ignorance of the current will end up in failure. Even though some one doesn’t like our creativity we don’t want take care of it. Our creativity is our own; others have no right to eliminate it. It is acquired by birth.



Subject : **Communicative English**

Resource Person : Adv. Vijayakumar

The second class of morning section was taken by Mr. Vijaya Kumar. He tried to focus on the “Verb”. He invited the students to be acquainted with active and passive voice and has given some of the exercises based on the lessons.

Subject : **Liturgy: Celebration Of Life**

Resource Person : Rev. Dr. Rajadas

The afternoon was blessed with the presence of Fr. Rajadas, with the topic “Liturgy: the celebration of life”. At the beginning he tried to clarify the doubts of students regarding liturgy. Liturgy is the reconstruction of the paschal mystery of Jesus Christ that is the suffering, crucifixion and resurrection. He pointed out the four different levels in the process of ordination – Lector, Aculeate, Diaconate, and Ordination. There are two kinds of priesthood – Common priesthood and Ministerial priesthood. Lector is the ministry to read, Aculeate is the server, and Diaconate is the ministry which is the pre-taste of priestly ordination. The common priesthood begins with the sacrament of baptism. The students were grateful to him for giving such a wonderful hour.

### **6.5.2011, Friday**

Subject : **Youth are not problematic but have problems**

Resource Person : Br Ajeesh Das

The afternoon session was handled by Br Ajeesh with a topic “Youth are not problematic but have problems”. Youth is the time of immediate reaction and it is the most misunderstood time. The blessed John Paul calls youth as the golden era of the life time. In his words, youth are the church. One of the most important features of youth period is the identity crisis. Quest is the hall mark of youth. He tries to



find out who is he. In the identity crisis he or she does not get answer for the question who am I? To empower the youth it is better to help them to create self-image. There are three kinds of self-image; negative self-image, exaggerated self-image and imaginative self-image. The class was so helpful for the students to know the youth and their problems.



7.5.2011, Saturday

Subject : **Phonetics**

Resource Person : Rev. Fr. Joy Sabu

The day begins with a session on 'Phonetics' by Fr Joy Sabu. He began his class with a small story. Language is the very important medium to present our ideas and thoughts. The word 'phonetics' was derived from the Greek word 'phone' which means sound or voice. It is the study of physical sound of human speech. The study and science of speech sounds, their pronunciation and the signs used to represent them is called phonetics. There are two vowels in phonetics; long vowels and short vowels. Phonetics includes two types of consonants. They are voice and voiceless. He helped the students to practice all these. He used audio software for the better understanding of the students and the students pronounced the vowels very well. Fr Joy Sabu cleared the mistakes of the students.

Subject : **Thoughts Make Great**

Resource Person : Mr. Mohana Chanran

The last session of the programme was made fruitful by Mr Mohana Chandran with the topic 'Thoughts Make Great'. Thinking capacity is given from God. Our thoughts are different from other animals. Dream is the mother of action. At first the students are divided into three groups and they are asked to select a leader and the leader introduced the team members and their dreams. The students were given papers and asked them to write their opinion of others. He led the students to create an 'I book'.

Our vision must be SMART

Specific

Measurable

Achievable

Realistic

Time Bound



## PSYCHO-SPIRITUAL APPROACH

The vacation programme of Samanwaya vision mission research named 'PSYCHO-SPIRITUAL APPROACH' was conducted in the Samanwaya Vision Mission Research Institute from May 9 to May 14.

By the prayer session the inaugural meeting got an impetuous start. Br Franklin welcomed everyone to the meeting. In the inaugural address Dr Vincent K Peter, the director of Samanwaya Vision Mission Research Institute professed that the main aim is the growth of the seminary students. It gives momentum for the development of the church shares scope for research on parish ministry. Children, youth and adult are specifically chosen for the study. The main is to activate and animate them spiritually, physically, mentally and intellectually. He has given the work for the students to prepare a research paper of six pages and group based research work of twelve pages subsequently. Br Kishore made a felicitation speech for the success of the programme.

**09.05.2011, Monday**

Subject : **Presence of Children in the Family**

Resource person : Mr. Nelson

The topic was 'Presence of Children in the Family'. Firstly an infant should take birth in the mind of the parents before conception. Today bodily feelings and lust are being satisfied at first. Long term preparation and self moulding are necessary for perfect conception. Womb is the safest place for a child. The action and reactions of mother are clearly expressed in the behaviour of child.



Child caring is the most important duty of a man and woman.

### 1. Home Experience

1. Lullaby – It forms simplicity and humility in the mind of the child.
2. Breast feeding – Relationship is deepened in this process
3. Sharing— Mother shares food; physical food, spiritual food and intellectual food.
4. Grading— Children should not be valued by their marks or grades but their relations which they have with their parents.
5. Punishing—Punishment should be given but after it should be clarified and additional gift should be presented on that day.

### 2. Nursery Experience

It is the place where child is enriched with world and the child becomes aware of his surroundings.



Here the motto should be “soap + soup + solution”

Soap stands for the neatness. Soup stands for good food. Solution stands for spirituality. Here the child is not instructed but getting importance. If child is given an offer it should be fulfilled. Child should be given the thoughts of home where he is so willing to reach. Parents should create the mentality of sharing and also they should have fun time with buds.

### 3. Faith Experience

Neighbourhood is the main means to share faith based attitude. Respect, quality of sharing, feeling of equality, quality of openness, encouraging nature and child relationships are the means through which we can edify than that God has given the great blessings and graces to our family.

### 10.05.2011, Tuesday

Subject : **Giving Life of Youth in the Family**  
Resource Person : Mr. Sumesh Krishnan

Family is the basic institution for all human. Without being a member of a family no one becomes great. The problems in the family lead to the teenage and adult problems. Teenage is the period in which we feel identity crisis. We are not counted as a child and included in the group of adult. Youth is the stage in which we get voice in our family. It is the stage in which we think about our past experiences. In the childhood we get a feeling of having much protected. Adolescence is the stage where we become more aggressive in the family. The adults in the family are considered as the guides. To describe the modern youth he recited the poem ‘Shatyam’ written by Mr Biju Balakrishnan. It was a striking one for the students. The life experiences he shared as a member of family was really touching.

### 11.05.2011, Wednesday

Subject : **Faith Conviction in the Context**  
Resource Person : Rev. Dr. Vincent K. Peter

On the topic ‘Faith Conviction in The Context’ there was a class on May 11, under the guidance of SVMR institute. The class started at 9.00 am. Br Vipin welcomed everyone to the session. The class was taken by the director of the institute, Fr Vincent K Peter. First of all he put forward three questions; who are you? How your roots are spreading? And where you are focusing your life? The whole students responded perfectly. Then the class has gone through a discussion level. Since God gave us free will, there is no sin.



Without knowing your saying from where we got the place and where we stand is grateful. So



natural process is from the nature not from society. Persons in the spiritual level will be doing well only. Never can satisfy everything through emotions and thoughts. These all connected with mind level at the same time all things can be satisfied with spiritual level. Movement should be spiritual level and then the thoughts must be I am the spirit, he is spirit and all are spirit. We cannot become another person but we can be with them. Give attention to God and be with Him. In order to overcome limitation, something will work side of me that must be continued thought. It is what working out side is spirit. It is Donnum—a great gift that the Almighty gives. From birth itself a child gets spirit. When the limitation attacks spirit must be connected towards universe. By meditation a spirit gets power to move to goodness to goodness.

Subject : **Adult Commitment in Church and Society**

Resource Person : Adv. Vijayakumar

. Mainly he mentioned the commitment of adults toward themselves, commitment to the family and commitment to the church and society. Before the commitment we must know the society and its characteristics. Relations relate the society. So each relation gives responsibility that is commitment. The quality of commitment can be divided into two; they are hidden quality of commitment and expressed quality of commitment. Hidden quality contains the idea that is only known about oneself. It is the positive thoughts and the abilities can be established so much. Same as the expressed quality , if it is positive it is good. It should not have any negative attitude.

1.Commitment of adult towards himself

- Ø Cherish the abilities
- Ø Showing the responsibilities
- Ø Being commitment to the opportunities
- Ø Being a perfect human

2.Commitment of adult towards family

- Ø Empower the relations
- Ø See the needs and behave
- Ø Speak single language<sup>3</sup>.



Commitment of adult towards society and church

- Ø Take over the prophetic ministry
- Ø Give exact and enlighten vision

The conscious can be divided into seven:

1. Sinful conscious
2. Criminal conscious
3. Self conscious
4. Doubtful conscious
5. Flexible conscious
6. Unconditional conscious
7. Wrong conscious



**12.05.2011, Thursday**

Subject : **Youth Psychology**

Resource Person : Rev. Fr Joy Sabu

The fourth day session was taken by Fr joy Sabu on the topic 'Youth Psychology'. Br Arun Raj welcomed everyone to the session. Father began his class with the definition of youth as 'I am not a boy and not a man '. It is the period between childhood and adulthood. Youth is the period of blossoms and challenges. A lot of contradictions take place in this period. It is because of the reason that they are excluded from the children and adults. The youth are excluded from the youth because youth are younger than the adult. A large quantity of identity crisis will be occurring in this period. Three questions can be asked in this time:

Who am I?

What I am?

What the society expect from me?

If these questions do not arise that means the y are not in the right track of life. It is a transition period from childhood. So that they will depend on them than the parents. They will begin to earn for them as the part of their life. The instructions of parents and relatives are having no importance. They consider the parents just like old people. The youth will be very quick in all activities. In this period the



energy will be produced in a large quantity which can be maximum utilised. Different types of emotions rise up in this period. The first one is love.

Ø Self love: self love is the primary stage of love. The youth love themselves than others. They care on dressing, hair style and all other way of life.

Ø Love opposite: love towards the opposite is the second stage of love. They feel special attraction to the opposite sex. Means male love female and vice versa.



Ø Angry: it is an emotion which comes at any time. They will react for everything. The spirit of the youth will increase when they are in a group. They dislike having instructions from the closer. The cause of the angry sometimes becomes an urge to get fame. It can be found in the case of the college students. They break everything and forward for fighting to getting shining before the opposite sex.

In case of youth, words and deeds will be first and the thought will be lost. They will not be ready to evaluate the work what he wish to do but he will be repenting on what he had done. Even though they are doing all these things we must accept that they are not problems which they face. There are ways:

1. Know what are their problems?
2. What they admire today?
3. What does they value?

One who answers these three questions can mould and guide .

Call of hero – it inspire them to read books, watch moves, think oneself hero  
development – mental and intellectual growth.

Cognitive

Heroism – consider oneself as hero, daydream.

**13.05.2011, Friday**

Subject : **Methodology of Faith Formation in Children**

Resource Person : Rev Fr A. S. Paul

The first session of the day was taken by Fr Paul A.S. on the topic 'Methodology of Faith Formation in Children '. Faith is the gift of God. Faith should not be given as training it should



be formed. Giver, buyer, medium and content are the important features of imparting information. If we impart teach children about mistake and punishment, we can bring them to juvenile home. Church is the teacher. She tried to enrich and impart faith to its students. Faith formation brings following ends.



1. Deepening our faith
2. Building up a faithful society
3. Behavioural change

Deferent kinds of formations are Intellectual level, emotional level, behaviour level, spiritual level

We have two kinds of teaching way of method:

1. Text book oriented study
2. Anthropological method of study
  - a. Content oriented method
  - b. Discovery oriented method

Levels of anthropological method

a. Communication:

Sender – message – channel – receiver

Teacher— content — Medias — student

In learning process eye has 73% capacity to accumulate,

Ears - 11%

Breathing - 13%

Skin - 1.5%

Tongue - 1%

30% of visuals of our vision will be in our memory. By having 20%, by reading 10%, sounds and visions contribute 40%to memory.. Sounds, visions and touching contribute 9% of our memory.

Subject : **Child Psychology**

Resource Person : Rev. Fr. Binu T.

The second session of the day was handled by Fr Binu T on the topic ‘Child Psychology ‘.



Child psychology is one of the many branches of psychology and one of the most frequently studied areas. This particular branch focuses on the mind and behaviour of the children from prenatal development to adolescence. It deals with both physical and mental growth of the child.

#### Practical tips

- Ø When we give punishment to the children we must communicate what is the purpose.
- Ø We must respect the children
- Ø Parental rules and restrictions should be explained to the child
- Ø Try not to interrupt suddenly child's games and happiness
- Ø Listen to the child
- Ø Teach to communicate. Children must be able to communicate their situation.
- Ø Digital habit if the children must be decreased
- Ø Teach cleanliness
- Ø Creative toys must be given to the child and armed toys should not be given
- Ø Don't demand much than the capacity of child
- Ø Learn to see the positive sides of children
- Ø Learn to see the world without any prejudice
- Ø Learn to be honest
- Ø Learn to laugh
- Ø Learn to be surprise
- Ø Train to by heart , it will improve their mental capacity

#### **Commandments for Parents**

Believe that my child is intelligent, winner, keen and fast, genius in studies, etc.

Child psychology brings at the many zones of child's behaviour and mind.

Different factors of child psychology are:

- a) Environmental factors
- b) Social relationships
- c) Internal factors that includes genetic and personal characteristics
- d) Cultural context
- e) Economic context i.e., nutritious food and life style influence children



14.05.2011, Saturday

Subject : **Adult Psuchology**  
Resource Person : Mr Shibu

The last day of the programme was enriched by Mr Shibu, with the topic 'Adult Psychology'. Ericson defines adulthood as a particular stage of age between 20 and 40. Biological functions and physical performance reach their peak in between 20 and 35. Psychology is the science of human mind and animal behaviour. Etymological meaning of the term is the science of soul.

Wood Worth defines it as the study of the activities of individual in relation with the individual.

### **Developmental psychology**

Developmental psychology is the branch of psychology that studies intra individual changes and inter individual changes. Its studies begin with conception and ends with the death of the individual.

Stages of developmental psychology

#### 1. Infancy

Infancy begins with the birth and ends when the infant is approximately two weeks old.

#### 2. Boyhood

Boyhood occupies the first two years of life following the brief two weeks of infancy. In this stage the individual starts to grow physically and mentally.

#### 3. Early childhood

Early childhood extends from two years to six years. In this stage the feelings are developed.

#### 4. Late childhood

Late childhood is a period that extends from six to time that the individual becomes sexually mature. 13 for average girls and 14 for average boys. Growth of behaviour and personality face many hazards.





## 5. Puberty

Puberty is the period in the developmental span when the child changes from an asexual to a sexual being. Both physical and psychological growth takes place.

## 6. Adolescence

Psychologically adolescence is the age when the individual becomes integrated into the society of adults. Early adolescence is the age group of 13 to 17. Late adolescence is the period from 18.

## 7. Adulthood

The term came from the Latin word 'adults' means grown to full size strength is matured. Adults are those who completed their growth and ready to reason=me their status in the society along with other adults.



### Sub divisions of adulthood

A. Early adulthood — it is the age which extends from 20 to 40.

B. Middle adulthood— it begins at 40 and extends to the age of 60.

C. Late adulthood—— it begins at the age of 60 and extends up to death

### Characterics

- It is setting down stage
- Early adulthood is the reproduction age
- Early adulthood is the problematic age
- Early adulthood is the period of mental tension
- Social isolation from peer group
- Is the time of commitment
- Period of dependency
- It is the time of value change
- Adjustment to the new life style



### Problems of adulthood

- Ø Personal disorganisation
- Ø Physical weakness
- Ø Mental disorganisation
- Ø Substance abuse
- Ø Suicide
- Ø Family disorganisation

### Psychological problems of adulthood

- § Feelings streets out
- § Problem with marriage and other relationships
- § Job crisis
- § Chronic anxiety or worry
- § Depression
- § Insomnia and other sleep problems
- § Obesity and other eating problems
- § Shyness and social anxiety
- § Lack of self esteem and confidence
- § Inability to control feelings

### Solutions to the problems

- Ø Counselling ( personal and family)
- Ø Social counselling
- Ø Recreation
- Ø Devotion



Necessary components for successful Adulthood

- o Education and occupational achievements
- o Happiness
- o Health and healthy behaviour
- o Maturity
- o Having good friends
- o Finding a good life partner
- o Mental health
- o Staying youthful

Figuring out your identity

- o Love your parents
- o Being responsible
- o Do what you want to do
- o Good communication
- o Tolerance
- o Love and affection



## TAPPING THE TALENTS

**16.05.2011, Monday**

Subject : **Motivation**

Resource Person : Mr Suresh Kumar

At 9.30am class has been started with the welcome speech of Br.Vignesh. First of all Pro.Suresh Kumar introduced himself and he introduced the topic 'Motivation'. He explained about Human Resources and Internal and External Motivations. Again he explained the life of Thomas Alva Edison; he discovered more than 1300 things. He claims that positive is most important in our life. We don't know ourselves and our skills.

Our attitude is very much different from others. The students are divided into groups of two people and he let them practiced to cry, smile, and ets. We all are having different attitude and skills. Always try to find positive attitude from others. We are not self made; we must have gratitude to those who help us. He introduced the students the term 'Positive Mental Attitude'.

PMA is very effective for a pleasant personality. 'Know thy self' is very important to find and develop our skills. The most important strength of us is our parents. 'Day by day , in everywhere I am getting better and better'. We have to find out our own opportunities and utilize it. An idle mind is the workshop of devil.



### SWOT analysis

Write down our strength, weakness, opportunities and threats. Thereby find out WHO AM I?

- a. Leadership is a quality
- b. Everyone is a Genius
- c. Do not make others, it is a negative mentality
- d. Find out the positives of who is near to us
- e. Parents are the helpers of our life



f. Life is an attitude with some degrees of I can feeling

**17.05.2011, Tuesday**

Subject : **Mind Power**

Resource Person : Mr Suresh Kumar

As is the mind so is the individual—says Geetha. The King David was not a man of great intellectual capacity but he had his own knowledge, skills and attitudes. These made him a great king. More than the knowledge attitude plays an important role. We must make use of our opportunities and it will bring us to higher levels in the life.

- Ø The most powerful weapon on earth is the human mind on fire.
- Ø Your mind is unlimited source of energy.
- Ø Our mind is just like a monkey, it can move to anywhere it likes.
- Ø Whoever tries to study the mind becomes great in the life.
- Ø Write the thoughts that we wish to become in the future.
- Ø We need the thought to be with Jesus.
- Ø Imitate Jesus in the life.
- Ø Mind has two parts—conscious parts and unconscious parts of 10% and 90% respectively

We use two kinds of powers—— body and mind

Body — hard work by muscle power

Mind—— working with right method – people with high IQ

Hitler, Merlin Manro ets. were having high IQ but not having a control on mind committed suicide.

Even the most powerful people use only less than 10% of their mind power.

Get ready to experience the extra ordinary power inside your souls.

Appreciation, smile and encouragement influence making up of the attractive personality.

- Appreciation produces Serotonin and it helps to be joyful
- Smile produces Melatonin and it helps to be happy
- Encouragement produces Endorphin and helps to be active
- When you smile or appreciate others really you are disarming others



If we keep anger it can cause both physical and mental disorders. Meditation is a way to overcome unwanted emotions. Wait patiently for the results. We should have a burning desire. Faith can be compared to electricity for a computer and doubt can be compared to the computer virus. Give unconditional forgiveness to everyone. Everyday give two positive commands to you.

In the computer language brain is the hardware and mind is the software

You are gifted with multiple intelligence and emotional intelligence (EQ)

- ü Linguistic = 20% to study language
- ü Visual = 10% to study through visual
- ü Inter personal = 20% to interrupt with others
- ü Rhythmic = 10% for smart walking work
- ü Logical = 10% for thinking high
- ü Intra personal = 20% interaction with others
- ü Kinaesthetic = 10% in sports level

Natural intelligence and spiritual intelligence are also the part of the intelligence. Conscious mind filters everything that is critical. Sub conscious mind accepts all suggestions. Bypass the critical mind and give positive stroke. Attitudes, values and believes of the conscious mind filters every information. Conscious mind is the watchman at the gate of the sub conscious mind.

**18.05.2011, Wednesday**

Subject : **Goal Setting**

Resource Person : Mr Mohana Chandran

The final day of the programme was enriched by Mr. Mohana Chanran on the topic 'Goal Setting'. Our goals should be written and kept in the visible place. Our goals should be SMART and positive.

Goals must be connected to our values. There will be some minor goals for a major goal. It is better to awake early in the morning. We have to make our own schedule. Always prepare a *DO LIST*. Goals can be divided into three –



- ii Short term goals
- ii Midterm goals
- ii Long term goals

Better management of time will help us for the better achievement of goals.  
First make a strong base and then you grow.

According to the character of the goals, there are two types of goals:

- Personal goals
- Social goals

In reference to the goal setting Japanese have developed a technique called 'kaisan' that means be better than yesterday.





## HOLISTIC PASTORAL APPROACH

**23.05.2011, Monday**

Subject : **Moral Parish**

Resource Person : Rev. Fr. A. S. Paul

The Samanwaya classes have commenced on 23<sup>rd</sup> May 2011. The main topic was 'Parish Pastoral Mission in Third Millennium'. The topic of the second day was 'Moral Parish' which has been taken by Rev. Fr. A.S. Paul. The class has begun at 9.00 am.

The main focus of the class was that the parish priest has a great role to play for the construction of a moral parish. According to the Canon law the exact age of the ordination is twenty five and above. It is the duty of the parish priest to make sure that all of the parishioners have active role in the parish activities. Whenever he goes for the house blessings and visits he has the obligation to ask them to take active participation in the pious associations like Little Way, KCYM, and Vincent de Paul etc.

Holy mass is the central part of the formation of a moral parish. Holy mass is the great prayer. There are two basic affairs of faith.

- The Bible
- Hereditary

When we perform well in the ministry field we will get encouragement and this will empower us. In the parish don't react against any problems. We have to analyse the truth behind the problem. The people are not expected to share the draw backs of the priest to other parishioners. The people are in search of one who has the patient to hear them. It is very much required from a parish priest to be a good listener. triple mission of the pious associations is prayer, study and action.

Subject : **Mutual Respect & Acceptance**

Resource Person : Rev. Fr. Jerome Sathyan

Golden rule is that do that what others want done to you. In the life everything happens through,

- ü Thinking
- ü Words



ii Deeds

ii Living

We have to see ourselves through the eyes of a friend. Desire is the cause of suffering – Sri Buddha

Trinity is the great image for the mutual respect and we all are living in a system of co-existence. Friendship is flowering in mutual respect and acceptance. Holy Trinity is one but there are different persons. When we lose the vision of friendship we lose everything.

**24.05.2011**

**Subject : Co Responsible Parish Leadership**

Resource Person : Rev. Dr. Vincent K. Peter

The morning session was made fruitful by Rev. Dr. Vincent K. Peter, the director of SVMR Institute with the topic 'Co – Responsible Parish Leadership'. The topic is chosen as the motto of the Board of Clergy and Religious, Neyyattinkara Diocese for the year 2011. The board aims at training and formation of seminarians, ongoing formation for clergy and religious and priest welfare. Intelligence may change according to situations. The greatest intelligence is relational intelligence. Whenever we change our role models our intelligence and character also change. Through our readings we feel the other. We are influenced by the other. The influence makes that what we are. Parents punish the child to make him or her responsible. We must be responsible to ourselves. Our words must bear witness to truth. A responsible man takes positive actions immediately and negative decisions with much time.

The factors that make a responsible leader

1. Time
2. Care
3. Help
4. Sharing
5. Prudent

25.05.2011



Subject : **Overcoming Crisis & Fear**

Resource Person : Mr Suresh Kumar

Crisis is a problem but it is much needed for our life. We have to know our crisis, we need problems and it will surely enrich our life. When we confront a problem our brain starts to work to find out a solution for the problem. It has the capacity to solve the problem. So it is very useful to mould our character.



The situations will make the brain successful to seek and solve the problems. The students sometimes show withdrawal from their activities because of their fear complex. We must find out what we fear and what the actual cause behind this fear is. According to Victor Frangle “Crisis, it will come. It is a need for the brain”. We have to think with much expectation. A comparative study will help us to realize that at present the social crisis is less than the early times. Our brain is a biological computer which functions in a sophisticated way. Most of the fear comes from lack of experience. So that people say that experience is the best master. The continuous touch with the problems makes a man to get through all the confrontations that we may face. There is no problem without solutions. If there is a problem God also proposed a solution already.

Our failures are the stepping stones to success. Success always comes from failures. We need the failures to win. We should have a mentality of solving and helping others to find a solution for their hard living. Good friends will annihilate the crisis. A friend is a great treasure in the life. A good friend shares everything and hears everything. So that he could help one in his trouble. Let us also sit under the tree of friendship.

Subject : **Justice Based Politics**

Resource Persn : Adv. Vijayakumar

The second period of the day was taken by Mr Vijayakumar on the topic ‘Justice Based Politics’. We need to have a comparison between justice and social situations. What is justice? Justice is individual and social. We need help and they are

Ø Material help



Ø Intellectual help

Ø Spiritual help

The spiritual help is the greatest help. Justice is a social situation where there is equality, freedom and rights.

1. Obligation of man is to accept the needs and protection of others

2. Vindication is the way to get justice

3. Truth is being lost by this society

4. State is the group of people with constitution and sovereignty

**28.05.2011**

Subject : **'Social Commitment in Christian Perspective'**

Resource Person : Rev. Fr Shaj Kumar

Every living being are getting their input from the nature. It cannot exist alone and everything goes back to the earth. It is the universal order. The earth never says that the trees are burden for it. Trees never say that the branches are burden for it. Branches never feel that the so called nests are too weight for them. God gives Himself for others. Except human beings almost all other organisms do not exploit the nature. They have social commitment to their living nature. Whatever we have that all are earned from here. So we are obliged to give back all that we have received from here in the same quantity or in an exceeding rate.

We live in a society that is caught with so many social nuisances. These things deviate the youth and adult from their commitments. Everything and everyone are related in this world. No one can live as an island. In order to have the smooth going of the society, it put forward certain laws and our commitments. We are committed to make free the society from the social harassments. We can change the society in which we live. What is important is our will. We have the capacity to resist these things. We must take personal decisions to change. We have to be very conscious about the changes that happen around us.

Subject : **Culture of Life**

Resource Person : Rev. Fr Binu T.

A way of life based upon the theological truth that the human life at all stages from conception through material death is sacred. Culture of life means respect for nature. This term derived from Catholic theology.



Respect the human life. We should respect from the very beginning to the end.

murder and other social evils are lifting their head. The people should take care of other people as their brothers and sisters. Think that our existence is a co- existence.

“What have you done? Listen; your brother’s blood is crying out to me from the ground?”(Ex.4:10)

**Subject : Personal’s Management**

Resource Person : Rev. Fr Joseph Anil

The definition of personal’s management is given by Marry Follet. It states that it is the art of getting things done through people.

§ Manu agere – to lead by hand. It is derived from French word.

Management is the art of controlling by

ØMen

ØMaterial

ØMachine

ØMoney

ØMethods

Management to

ØFinance

ØProduction

ØProduct

ØMarketing

ØSales



ØInformation

ØHuman Resource ets.

Role of the manager is to create change.

1. Human Resource Management is the activity of managing personnel. It introduces ongoing management of staffing or employer needs, determining necessary qualifications, recruiting, training and maintaining performance records and benefits. Human Resource Management is to lead the resource that humans have.
2. Training and development to bring out the best for the organization
3. Succession in planning will help to the development.
4. If you can't measure it, you can't understand it
5. If you can't understand it, you can't control it
6. If you can't control it, you can't improve at all

#### 4.06.2011

Subject : **Ecology of life**

Resource Person : Thomas K. Stephen

Biological and non biological elements are included in ecology. Biological elements are plants, animals, birds and microorganisms. Non biological elements are air, water, and soil. Ecology is a highly debatable issue. God has given power to man to rule over the world. Ruling means not to suppress the nature but to enrich it. Biological and non biological elements are complimentary to each other. Even the soil has the life. Today we miss our biodiversity. The common rubber plants threaten the growth of the other plants. Urbanization and trespassing of other money crops result in the lack of biodiversity. Enjoy the nature with an aesthetic sense.

Animals and birds provide carbon dioxide for the plants. Plants provide carbon dioxide for the animals. We have to consider all the plants and animals as our friends. It will help to produce a positive energy. Microorganisms play a vital role in the ecosystem. Continuous use of chemical manures will spoil the earth. This over usage will make the earth useless.

Our water reservoirs are now being polluted. In our state many ponds were undertaken by the government. Government had implemented many other projects to protect our ponds and our water reservoirs. Ponds contain a great variety of ecological system. The silent killer of soil is plastic. Reuse of plastic may be useful. Soil erosion makes a serious danger. Our touch also feels good for plants. Think heartfully. Everyone thinks with brain. We must have a philanthropist approach.



# SEMINAR ON PASTORAL MEDIA CULTURE

Date : 26.06.2010  
Venue : St Vincent's Seminary, Pongummoodu



A seminar on Media Culture was conducted on nary, Pongummoodu with a collaberation of Samanwaya V

Palakan News Bullettin and Kattakode forane. Kattakode Forane Vicar Very Rev. Dr. Vincent K. Peter inaugurated the programme. In his inaugural address he pointed out the need of sanctifying media in this era and the media will have to purify our lives too There should have a



collateral symbiotism. Rev. Fr. Binu T., Secretary to the Media Commission of the forane and the chief editor of Palakan News Bullettin made the presidential address. Rev. Fr. Paul A. S., Mr. Anil, Mr. Jose Maranalloor felicitated the event. Mr Jayan, a senior journalist was entrusted to have the seminar session on media culture. A media person first of all should have a power of spirituality. Every news paper has its own ideology. We must be very alert to ask even foolish questions. It is the time to

empower a culture of creative journalism. News papers bring revolutionary changes. motional thrust makes it possible. Excluding the seminary students youth from varies parishes of kattakode forane wereparticipated



Samanwaya 2011



EXPO 2011  
CO RESPONSIBLE LEADERSHIP

9<sup>TH</sup> NOVEMBER - 13<sup>TH</sup> NOVEMBER

# INAUGURAL FUNCTION EXPO 2011 & PALAKAN NEWS NEYYATTINKARA



SVMR Institute, Kattakode Forane, and Neyyattinkara minor seminarian's conducted eight days EXPO and subject analysis. It was on the topic 'CO-RESPONSIBLE LEADERSHIP FOR A NEW SOCIETY'. Rev. Fr. G. Christudas, Rev. Fr. Vincent K. Peter, Rev. Fr. Paul A. S., Rev. Fr. Binu T., Rev. Fr. Amal Raj and Mr. Anil were the dignities of the fnction. Br. Anil Raj cordinated the programme. Rev. Fr. Paul A. S. welcomed each and every-

one to that function. He pointed out that mas is a social animal. So he has responsibilities . In every sphere of life co relation is necessary.

Inauguration was done by Msgr. G. Christudas. He said that God impliments His creation in coresponsibility. He created Adam and handed over everything to him to look after. God is with man and man is with nature. We are the watchmen of our brothers. World changes day by day. Today the families are not aware of the coresponsibility. Families and society is merged into a global village. B C C is the best example for coresponsibility ofthe church. Today man is like waves on the seashore which complete eachother and die at shore. We must forget the ego and must take responsibilities.



Rev. Fr Binu felicitated everyone and the function. God made the first garden and man made first city. When man act from the communion of God, he earns victory. If man lives as an island he will be cut off from the relation with world. We are supposed to use the technologies for the gospitalization. Pope has instructed to use the media for the proclamation of word of God. Thoughts of Sree Budha was proclaimed all over the world through the coresponsible leadeship of his disciples. Christ spread the word of God with the co-leadership of his Apostles.



In his felicitation, Rev. Fr. Amalraj reminded that reality is the society. In this society consumerism and religious pluralism exist at present. Coresponsible leadership can be seen in the Cana incident - Mary took the leadership. Mr Anil Melariyode, the technical head of Palakan News Neyyattinkara explained the necessity of hav-



ing such a media. In this post modern era people are mostly attracted by visual media. In presidential address, Rev. Dr. Vincent K. Peter introduced the the Palakan News and the circumstances led to the origin of the same. We should be able to convey immense message within short time. News influence human mind. Everyone does the innovation for wisdom. Jesus is the real wisdom. People living in this era have the obligation to empower good ideas in the society.





# CO RESPONSIBILITY AND HUMAN INTEGRITY

## PANEL DISCUSSION

A pannel discussion was conduted on 9-11-2011 on the topic 'Co- Responsibility And Human Integrity'. It was moderated by Rev. Dr. Amal Raj and the papers were presented by Mr. Udayakumar, Dr. Reeja, Mr. Thomas K. Stephen and Adv. Vijayakumar.



According to Adv. Vijayakumar, a man acheives in his life when he is with society not when he is alone. If anyone wants to act in society, he must have social activities and co-resposibility. If we connect organic theory with society and coresponsibility, we see that everyone of in society is an essential. In or-ganic theory we see that the finger gets its own identity and fulness when it isrelated with body. Same asthe hands get identity and fulness when it is related with body. A be-comes great or saint through the partnership of society. Integrity means fulness. A man who acheived dexterity in intelligence ma-

turity, mental maturity, cultural maturity, knowledge maturity, political maturity, spiritual matu- rity, material maturity. Intelligence maturity is a cheived through the development of neurons. A child develops its intelligence from its embryo makes relationship with society and community as John the Baptist was in his mother's womb. In fact the human intelligence is the outcome of relationship. Happi- ness comes from fulness. I early days there was joint family in society. Through that way children acheive social maturity naturally.



In doubt clarification time he narrated that if any intelligence is used for commercial activities then it won't affect man's integrity. We must have our own identity. Christ's work was tiredless work. We must have tiredless work with prophetic work.

For Mr. Thomas K. Stephen, Jesus Christ spoke the integrity of humanity. Man acheives integrity when he grow in the sphere of material, emotional, intelligetal etc. He is not alone in this growth. He is not alone in this growth. He is cordinated with soceity and world also. If man



is an island there won't come integrity. A child must study to contribute good for others.

Mr Udayakumar presented the theme as human integrity is not abstract. According to Greek ideology man is a social being. Man has a responsibility towards himself and to the society. The growth of the world does not come through individuals. we have to give importance to global growth than individual growth. Religion and spirituality are the creation of social nature. It must be used for human integrity. Human integrity is not to be understood in a narrow sense.

'Human integrity is the binding system in society' was the statement from Dr Reeja. It binds the people each other. Co- Responsibility and Integrity has 3 dimensions:

1.Social Dimension

In this an individual empowers himself and others.

2.Domestic Dimension

When the co responsibility is vanished, the family falls in destruction.

3.Occupational Dimention

It helps the individual to be faithful and truthful towards his occupation. Here the individual lift up the value of that institution also in which he/she works.

We must have something to contribute to others.



What is Co Responsiible Leadership?

- √ It is a born to death process
- √ Doing right thing at right time
- √ Self Identity
- √ Dialogue with society

Co Responsibility and Human Integrity must have:

- ◆ Openness towards everyone
- ◆ Comprehensiveness
- ◆ Interdependence with Society
- ◆ Participation of mass/people

Human Integrity is the product of powerful mind. Whereever Co responsibility there is human integrity. Soceity is human organism. We must have openness towards everyone. Throgh that we can bring a co responsible society. Individuals are not making social world.





# CO-RESPONSIBLE PARISH LEADERSHIP

## SYMPOSIUM



In this post modern world messages are passed from brain to brain. if there is a lack of unanimity, the ways that supposed to be our focal points may be diverted. all should have there own view points and ideas, so also each view and idea must be given a sphere where the thought of others can be tied up.

Rev. Fr. Sabu Varghese

Nobody among you, should be called the leader because our heavenly father

is our leader. A priest is called to walk ahead. They are entrusted with certain duties. Only because of such duties they are called leaders. People in parish is a crowd, they have to be made communities as Jesus wishes. Rights and duties are explicit in constitution but we are aware of rights. A priest should instruct the people to follow the rights and duties along with observing his own rights and duties. Decentralization of power will enable the priest to function the duties well.

Rev. Sr. Aruna Mary

Holy Trinity work in unity. As our creator has the character of oneness we have to practice in our lives. Sisters are the unifying force in the parish. They partake in almost all church activities.



Mr Saviour

As we know there are autocracy, democracy, aristocracy and so on. But nothing brings eternal goodness. Now the mediocracy functions it great role. But more or less it is manipulated by the intervention of pleasure seeking world. Here church is the sympl of unity as Christ speaks in St. John, Chapter 15. Dominion of God is the rule in the parish. Parish should be Christ centered, not priest or people centered.





Miss Deepa

Youth is the back bone of the Church. They are the bridge to pass the faith. They expect a little freedom and considerations from the adult. They should be encouraged to serve and to be active in the parish ministries.





## IS CO-RESPONSIBILITY NECESSARY IN POST MODERN ERA ?

Debate

Moderator : Rev. Fr. Anil Kumar S. M.

Br Sujin, Br Franglin, Br Jinu R. N., Br Sooraj, Br Sibin and Br Sujeesh spoke on the favour of the topic. Br Aju Alex, Br Amal Pathrose, Br Arun Kumar, Br Christuraj, Br Abhilash, and Br Riju were sticking on the negative aspects of the topic. The main positive aspects were:

- ◆ Pope Benedict XVI says everyone must come together and proclaim the word of God.
- ◆ Trinity is the best example for co-responsibility.
- ◆ Today people have different goals in their lives. These goals are to be collected together and coordinated for common purpose.
- ◆ Co-responsibility is seen in the food chain that helps for the existence of nature itself.
- ◆ It is the co-responsible leadership that brought freedom to our nation
- ◆ Christ says “wherever there is two or three people come together in His name he will be there”
- ◆ Disciples must be one in Christ as Christ is one in God
- ◆ When we work for others there comes a co-responsible leadership
- ◆ Co-responsible leadership is not making others idle, but energetic
- ◆ When the people come to know the need of the other there comes the co-responsible leadership
- ◆ The Church exists only because of its co-responsible leadership
- ◆ The existence of all organizations depend on its co-responsibility
- ◆ Co-responsibility is the only way to execute the given responsibility of the leaders

Negative aspects:



- ◆ God created man with free will and freedom and he is permitted to act according to his will
- ◆ Change happens through one or two persons
- ◆ Individuals must get the importance in society for development
- ◆ If everyone takes up the leadership then there may emerge social dissatisfaction



# PALAKAN NEWS BULLETIN

PALAKAN NEWS BULLETIN is the official news bulletin of Kattakode forane. It has succesfully completed one year. The managing committee decides to have different relevent topics for each issue. The topics are very much connected with the faith formation of people. The news bulletin is published once in two months. At present we have over five thousand circulation.

The topics of the news papers published in last year are following

- June 2011 : Prayer and Action
- August 2011 : Children : the source of the Parish
- October 2011 : Youthhood for the culture of life
- December 2011 : Co responsibilty
- February 2012 : Parish: the centre of faith formation
- April 2012 : Year of Faith





## PALAKAN NEWS NEYYATTINKARA

Today people are much attracted with media and its sensations. Samanwaya Research Institute took a challenge to evangelise our people with a technique of new evangelization. Palakan News Bulletin, Angel Vision and Samanwaya Vision were courage enough to proceed with a new project called Palakan News Neyyattinkara. It includes the news from the parishes of our diocese. Palana Sancharam introduces a parish and its features. Daily saints and their thoughts are also communicated with people.

You can watch this programme on every tuesday and friday in the following channels:

DEN KCN Television  
Alpha TV Parasala  
BPR Vision Kanjiramkulam  
Friends Vision Nellimoodu  
Angel Vision Maranalloor  
Angel Vision Kattakode  
Surabhi Vision Ooramvila  
NSC Nedumangadu

This programme is also available at :

**youtube palakan, www.svmrinstitute.org, svmr09.blogspot.com,  
www.neyyattinkaradiocese.org**





# CHRIST THE KING CHURCH

## MALAPPANAMKODE

### TEAM MEMBERS

Br Suresh Babu  
Br Robin C. Peter  
Br Lawrence K. R.  
Br Rahul  
Br Pradeep Anto  
Br Christudas  
Br Anuraj



All the team members reached at Malappanamkode on 7 May 2011, Saturday and the programme commenced with the holy mass of the following day. The team handled different sessions for parents, youth and children on the first day.

The resource team conducted VBS programme of the parish successfully and over 160 students of the parish participated in this. The main topic of the year was Jesus is the Way. Brothers were very enthusiastic to visit all the houses of the parish. There are 240 families in the main parish including 16 B C C units and 80 families in the sub station. The team covered all units with three days. SAMANWAYA SANDHYA was a great experience for the parish people. Samanwaya Youth Mission was conducted from 11.5.2011 to 14.5.2011. Relations for the Success of Life, Vision of Life, Leadership, Media and Humanity, Prayer, Positive Thinking etc. were discussed on these days. The evening sessions were very effective for the youth who were going for different works. The team members found enough time for daily prayers and meditation for the success of the programme. The youth were exceptionally good for publishing a magazine called 'Thalir' and Br Lawrence was in charge of that. A Samanwaya rally was conducted as the conclusion of the programme. The concluding meeting was inaugurated by Very Rev. Dr. Vincent K. Peter, Director of SVMR Institute. Rev. Fr. Joseph Anil presided over the function. Br Suresh Babu felicitated every one. As the part of the programme a cultural programme was conducted on 15.5.2011.





## ST MARY'S CHURCH CHANGA

### RESOURCE TEAM

Dn. Shaji D. SAVIO  
Br Ajeesh Das  
Br Ben Boss  
Br Kiran Raj  
Br Binu Varghese  
Br Aneesh

'Who doesn't need a change?' it was the theme of the team. After the Sunday Holy Mass there were sessions for parents, youth and children. Brothers visited every house of the parish within three days. The parish has seven BCC units. On 12 May, the Samanwaya Youth Mission was inaugurated by Rev. Sr. Bergumans. Dn. Shaji and Br Ajeesh made felicitations. Youth are not problematic but they have problems, Motivation, Values for a Successful Life, Christian Educational Vision, Who Am I?, Use and Misuse of Mobile Phones etc. were handled by different brothers.

A Moment in Gethsemane, At the Foot of Divine God and A Walk with Mother Mary were strengthened the team members in prayer and meditations. The was very successful in organizing a youth oriented Holy Mass on 15.



## ST ALOSIUS CHURCH MANGALATHUKONAM

### TEAM MEMBERS

Br Shibu V. P.  
Br Robin Raj  
Br Shine G.  
Br Rajesh S.  
Br Jose Stephen  
Br Lijo Francis



Parish Priest Rev. Fr. Jose C. Vayalil welcomed every one to the parish. On the first day after the holy mass team members visited 6 CC units of the parish. Parish survey was entrusted to the brothers. English grammar classes were arranged for the children. The family get together conducted by St Vincent De Paul Society was made prayerful with the adoration led by Br Robin Raj. On the last day, different sessions were arranged for parents, youth and children.





# PUBLISHING PENUUEL



Samanwaya 2011

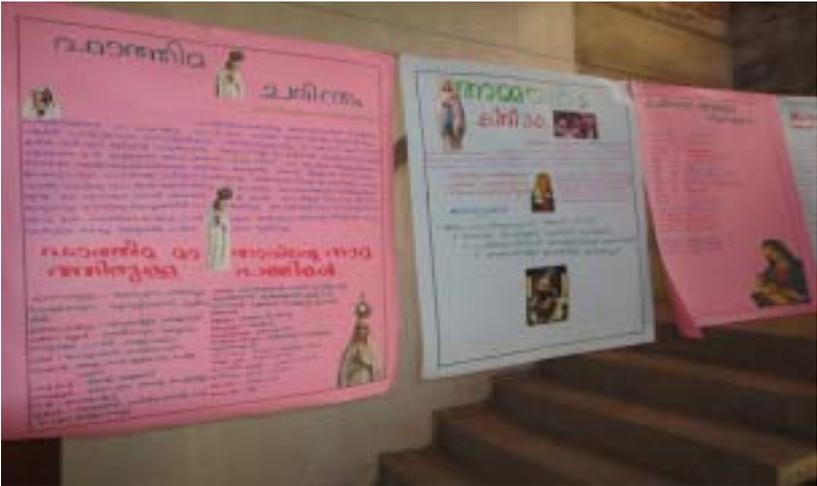


# SADGAMA 2011



Samanwaya 2011

# EXHIBITION



Samanwaya 2011

