



CHANGE MAKERS FOR A BETTER TOMORROW / ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಾಕಾರರು

A joint initiative of



Foundation
for Child Aid



&



First Orientation Retreat for Members of the Third Batch

25th to 27th October 2013

Venue:

KWT's Gokhale Centenary
College, Ankola - 581314

**Total no. of members in the
Change Makers Group - 60**

OBJECTIVE OF PROJECT CHANGE MAKERS

Bringing about a qualitative and an authentic change in these young minds and prepare them to take up and accept the challenges & opportunities lying ahead in their role as change makers. The emphasis will be on –

- The Art and Science of Living
- Development of authentic personalities
- Helping the Self-Empowerment process.
- Developing positively oriented mindsets
- Developing the sense of unconditional love and concern for the fellow human beings, the environment, the society, the Nation & the Mother Earth



**Be the change
you want to see
in the world.**

FIRST IMPRESSIONS

It was a very excited but near nervous group of 60 students who had arrived at the first Change Makers' Orientation Retreat at Ankola. Some parents had tagged along with us, curious and apprehensive of what awaited their wards at the camp. All of us had received a letter from Kanara Welfare Trust asking us to report for the 3-day camp.

We arrived at the massive campus of Gokhale Centenary College. The Trust staff registered our names and gave us a notebook, pen, prayer and schedule sheets. All the items were neatly labelled with our names. The staff guided us to the library where breakfast was being served. The breakfast was delicious. We knew we were in for a fairly good treat for the duration of the camp, at least as far as the food was concerned. Some of our parents were concerned about the quality of food, accommodation, sanitary facilities, etc. They saw everything for themselves and were reassured that we kids were in good hands.

Accommodation was arranged by the organizers at the Guesthouse of Shree Kundodhari Temple, ½ km from the venue of the camp. We children were allotted 12 double rooms. The rooms were neat and clean with attached bath and toilets. The Trust Office staff accompanied us every day on our walk to the camp venue and back. Morning yoga classes were held in a spacious hall adjacent to the beautiful temple. One day, when it was raining, they even made arrangements for a van to take us to the camp.

Most of us had attended some sports, NCC and other camps. Some of our friends had unpleasant experiences which they had shared with us. However, this was the first camp where every aspect was found to be meticulously organized. We were happy to affirm the same in the feedback form which was given to us. Henceforth, I think our parents would be a bit more relaxed when the intimation letter of the next camp arrives.

PARIVARTAN, our newsletter's title, reflects the process of complete metamorphosis that occupies the renovation of the mind.

A protected space to grow and develop, to unfold and explore, a foothold to grip and fly... Parivartan is a journey for the nascent.

THE FIRST DAY OF THE CAMP

After the registration we assembled to the auditorium where the camp formally commenced with the traditional ceremony of lighting the lamp. A few parents had requested the organizers that they would like to attend the first session. They were duly accommodated.

Shri K.V.Shetti who is the Administrative Officer of the Kanara Welfare Trust introduced the Organizing Team to the audience. He gave us a brief introduction about Kruger Foundation for Child Aid, which is the chief sponsor of our Change Makers Project. We also came to know about the various humanitarian activities being undertaken by Kruger Foundation in association with Kanara Welfare Trust.

We also viewed a fascinating documentary about Change Makers for a Better Tomorrow and Kruger Foundation. The segment about 'Gokul' where 16 young



girls are being raised with love & affection was very moving. It could be observed from the video that the previous Change Makers had a very good time in their various camps held in the forests and other places. This documentary also allayed the fears of our parents and the sceptical amongst us.

Prof. M.S.Habhu recited the 'Sankalpa' and led us in the prayers. The prayers, "Ananda Loke" and "Antaramama Vikasita Karo" will be our regular prayers which will be recited at all our future camps.

OPENING SESSION – DAY ONE

Prof. V.R.Vernekar addressed us on the topic "Learning Techniques". We learnt about preparing a daily timetable, taking notes, reading techniques, memory power & concentration, and many more things. His suggestions would surely help us in our academic studies.

Shri Nagapati Hegde interacted with us on "Maintenance of Discipline". He narrated the importance of presenting and conducting ourselves in society. Good behaviour is always a sign of good culture.

The next session was an eagerly awaited one - a trip to the nearby Nadibagh Beach wherein **Shri S.P.Kamat** Sir was to address us. For some of us who lived in the interior parts of the district, the sea and the beach were a novelty for us. After reaching the beach, we frolicked on the sea shore for some time, of course under the watchful eyes of our guardians. Kamat Sir arrived soon after us and we could see him observing us keenly. He asked us to choose a place where we could sit together and interact. After a couple of attempts, we could finally find a place where all of us felt comfortable. We were very enthusiastic to listen to him and we could see that the feeling was mutual. It was a perfect setting – nature, we children and our elders. Kamat Sir began with a story which slowly developed into an interaction so sublime that at times we almost forgot where we were. It was like in an instant we had travelled the whole cosmos and were one with the Universe. Quite a few of us had



questions which were put forth to him; some questions from our epics - *Ramayana* & *Mahabharata* to a few amusing and frivolous ones from everyday life. Kamat Sir lent a patient ear for our queries and answered each one of them very marvellously. This was the first time a senior person had taken the time to sit amongst us and talk to us about life and beyond while at the same time daring us to ask questions unreservedly. It was a unique experience and the ambience was overwhelming. These moments we spent on the shore of the Arabian Sea were something to be cherished. We so wish that our regular classes were held in such an environment.

MORNING SESSION – DAY TWO

The early morning was reserved for the Yoga sessions. **Shri Shivanna Savadi**, our yoga instructor, demonstrated various *asanas*. Some of them were – *padmasana*, *ardhapadmasana*, *pachimoutanasana*, *vakrasana*, *janasirasana*, standing & sitting *asanas*, *tadasana*, *ardha katichakrasana*, *urdhasthotanasana*, *ardha chakrasana*, *padahasthasana*, *vrukshasana*, *trikonasana*, *parirutatrikonasana*, *pranayama*, *nadhishodhan parayama*, *brahmari pranayama*. We were informed about the procedure of these *asanas* and the benefit that could be derived from practicing them.

Though our bodies were stiff as most of us were unaccustomed to yogic exercises, we were confident that by practice, yoga would become a way of life for us.

Breakfast and prayer were followed by a session on “Ways to Develop our Personalities” by **Shri Vishnu Naik**. Citing personal examples and poems, he captured our imagination about the topic. Later on, in another session after lunch, he talked to us on expanding our potential abilities. This time, he took us on a jovial trip with his witty anecdotes. **Prof. G.V.Bhat**, Trustee of KWT, also shared his thoughts and blessed us.



Dr. S.V.Vastrad spoke on the topic “Emotional Management”. He explained that our actions are majorly ruled by our emotions. By interweaving fables in his narration, he narrated his views on the subject very eloquently.

The next speaker, **Dr.R.G.Gundi** spoke on “We and our Culture”. We students were mesmerised with his command over the Kannada language.

EVENING SESSION – DAY TWO

The evening progressed with a hilarious session conducted by **Shri D.R.Naik** of Honnavar. He had us laughing all throughout his allotted hour. While amusing us, he elucidated the role of humour in everyday life. This session was light-hearted in contrast to the earlier ones. We hope that the organizers schedule more such entertaining sessions in our future camps as they are a welcome relief and drive away the boredom which sometimes accumulates from concentrating on the serious topics on hand.

Dr. Hemant Kamat sermonized about the topic, “Towards Leading a Complete Life”. He asked us to develop a positive outlook towards life in general. A sound body in a sound mind was the gist of his discourse. He expressed the importance of yoga, especially the practice of *pranayama*, which would reap us great benefits in our student life. He also handed out copies of his book on the same subject to each one of us. Later, we came to know that Dr. Kamat is a practicing cardiologist and deeply interested in the spiritual side of life. His saintly discourse came as a surprise as normally we associate doctors and surgeons as having a scientific bent of mind. This has taught us not to take anything at face value, as we may be unaware of the deeper layers



which remain hidden underneath. Maybe somewhere along the way, we, as change makers, would succeed in unravelling these layers.

We got ready for our second session with **Shri S.P.Kamat** Sir. Making ourselves comfortable on the fresh green lawn in the College campus, we turned towards him keenly to grasp his chain of thoughts. The conversation veered from the serious to the mundane but all of us were very attentive to his words. Some of us sought his advice on personal matters too. From religion to law, education to politics, spirituality to materialism, we traversed the whole highway of splendid thoughts. We think these sessions with Kamat Sir will be the highlight of each camp. We also wish to interact with his wife, Smt. Shreelata, whom we had watched in the documentary. This lady who has raised 17 daughters will surely have some words of wisdom to share with us.

FINAL SESSION – DAY THREE

After yoga class in the morning, we once again assembled in the auditorium to hear **Prof. M.S.Habbu** speak on “Scientific Attitude”. A rational, curious and inquisitive mind will be the right tool to explore the world of science. The short discussion which we had on Gods, ghosts, among other things has ignited a spark in our minds. Hopefully, in future camps we will explore more avenues of scientific temper.

The last session was engaged by **Shri Ravindra Keni** who addressed us on “Key to Happy Living”. He narrated some very moving examples which enabled us to absorb his thoughts. Good conduct and discipline are the main traits towards leading a happy and fruitful life.

Next was the feedback time from us Change Makers. Some of us went on the dais to express our opinions about the camp and to thank the organizers for the extreme care and affection shown to us. We also thanked the various resource persons who addressed us in this 3-day camp. We handed over a feedback form with our opinions and suggestions. The organizers have told us that the best views will emerge in our own newsletter, “Parivartan”.



SIDELIGHTS

Culinary Treats

On the second day, we had a special menu which included Pulav, Gobi Manchurian, Gulab Jamun. We had different sweet dishes for lunch and dinner. Our cook, Shri Satish and his team, really knew how to please our taste buds. Even our parents were full of praise for the wholesome food.

Nature's Fury

Unseasonal rains had lashed our west coast. There was thunder and lightning too. A lightning bolt had stuck somewhere in the vicinity and we could feel our beds shake. Some girls screamed in the night terrified by the loud bursts of thunder. But we felt safe in our fortress of blankets.

Service with a smile

We were prompted by the organizers to render our help in the various activities of the camp. We took turns to serve behind the food counter and assisted the staff in other matters also.



INDIVIDUAL FEEDBACK

‘ತನಗಾಗಿ ಮಾಡುವುದು ಮಣ್ಣಲ್ಲಿ ಮಣ್ಣಾಗಿ ಹೋಗುವುದು; ಪರರಿಗಾಗಿ ಮಾಡುವುದು ಶಾಶ್ವತ ಉಳಿಯುವುದು. ಎಂದ ಹಾಗೆ ಮನುಷ್ಯ ಬರುವಾಗ ಬರೀ ಕೈಯಲ್ಲಿ ಬರುತ್ತಾನೆ, ಹೋಗುವಾಗಲೂ ಸಹ ಬರೀ ಕೈಯಲ್ಲಿ ಹೋಗುತ್ತಾನೆ. ಆದರೆ ಮಧ್ಯದ ಈ ನಾಲ್ಕು ದಿನಗಳಲ್ಲಿ ಬರೀ ತನಗಾಗಿ, ಸ್ವಾರ್ಥಕ್ಕಾಗಿ ಮಾಡುವುದು ಮಣ್ಣಾಗಿ ಹೋಗುವುದು. ಆದರೆ ಈ ದೇಶದ ಋಣ, ತಂದೆ-ತಾಯಿ, ಗುರುಹಿರಿಯರ ಋಣವನ್ನು ತೀರಿಸಲು ಸಾಧ್ಯವಾಗುವದಿಲ್ಲ, ಅದರಲ್ಲೂ ತಾಯಿಯ ಋಣವನ್ನು ತೀರಿಸಲು ಸಾಧ್ಯವೇ ಇಲ್ಲ. ಆದರೆ ಸ್ವಲ್ಪ ಮಟ್ಟಿಗಾದರೂ ಆ ಋಣವನ್ನು ತೀರಿಸಲು ಪ್ರಯತ್ನಿಸಬೇಕು. ಸಮಾಜದ ಒಳಿತಿಗಾಗಿ ಶ್ರಮಿಸಬೇಕು. ಸಮಾಜಕ್ಕಾಗಿ ಕೆಲವು ಕೊಡುಗೆಗಳನ್ನು ನೀಡಬೇಕು. “ಸಮಾಜದ ಡೊಂಕನ್ನು ಸರಿಪಡಿಸುವ ಮೊದಲು ನಿಮ್ಮ ನಿಮ್ಮ ತನುವ ಶುದ್ಧಪಡಿಸಿಕೊಳ್ಳಿ. ನಿಮ್ಮ ನಿಮ್ಮ ಮನವ ಶುದ್ಧ ಪಡಿಸಿಕೊಳ್ಳಿ” ಎಂದು ಮಹಾತ್ಮಾನವತಾವಾದಿ ಬಸವಣ್ಣನವರು ಹೇಳಿದ್ದಾರೆ. ಅದೇ ನಿಟ್ಟಿನಲ್ಲಿ ಕೆನರಾ ವೆಲ್ ಫೆರ್ ಟ್ರಸ್ಟ್ ಹಾಗೂ ಕ್ರುಗರ್ ಫೌಂಡೇಶನ್ ಎಂಬ ಎರಡು ಸಂಸ್ಥೆಗಳು ಬೆಳೆಯುವ ಸಿರಿ ಮೊಳಕೆಯಲ್ಲಿ ಎಂಬ ಮಾತಿನಂತೆ ಅವರು ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಕಾರರು ಎಂಬ ಚಟುವಟಿಕೆಯನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳಿಗಾಗಿ ಎಂದರೆ ನಮಗಾಗಿಯೇ ಏರ್ಪಡಿಸಿದ್ದಾರೆ. ಈ ಒಂದು ಚಟುವಟಿಕೆಯಲ್ಲಿ ನಾವು ಸಹ ಭಾಗವಹಿಸುತ್ತಿದ್ದೇವೆ ಎಂದರೆ ಅದು ನಮ್ಮೆಲ್ಲರ ಅದೃಷ್ಟ.

ಒಂದು ಸುಂದರವಾದ ಹೂವಿನ ಗಿಡ ಎಲ್ಲ ಹೂವುಗಳು ಸುಂದರವಾದ ನಗುವಿನೊಂದಿಗೆ ತಮ್ಮ ಸುಗಂಧವನ್ನು, ಪರಿಮಳವನ್ನು ಬೀರುವ ಸಂದರ್ಭದಲ್ಲಿ ಜೇನು ನೋಣಗಳು ಮಕರಂದವನ್ನು ಹೀರಲು ಆ ಹೂವುಗಳನ್ನು ಮುತ್ತುತ್ತವೆ. ಮಕರಂದವನ್ನು ಹೀರಲು ಹೋಗುವ ಆ ನೋಣಗಳು ಮೊದಲು ಮಕರಂದದ ರುಚಿಯನ್ನು ತಾವು ಸವಿಯುತ್ತದೆ.. ತಮ್ಮಲ್ಲಿ ಈ ರುಚಿಯನ್ನು ಕಾಣುತ್ತವೆ. ನಂತರ ಅದನ್ನು ಗೂಡಿನಲ್ಲಿರುವ ಉಳಿದ ನೋಣಗಳಿಗಾಗಿ ಒಯ್ಯುತ್ತವೆ. ಗೂಡಿನ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಯೋಚಿಸುತ್ತವೆ. ಅದೇ ರೀತಿ ಕೆನರಾ ವೆಲ್ ಫೆರ್ ಟ್ರಸ್ಟ್ ಹಾಗೂ ಕ್ರುಗರ್ ಫೌಂಡೇಶನ್ ಚುಟುಕು ಬ್ರಹ್ಮ ಡಾ.ದಿನಕರ ದೇಶಾಯಿ ಹಾಗೂ ಕ್ರಿಸ್ಟನ್ ಕ್ರುಗರ್ ಎಂಬ ಮಹಾನ್ ವ್ಯಕ್ತಿಗಳು ನೆಟ್ಟಿದ ಈ ಸುಂದರವಾದ ಹೂವಿನ ಗಿಡದಲ್ಲಿರುವ ಉಪನ್ಯಾಸಕರು ಎಂಬ ಹೂವುಗಳು ಬೀರುವ ಬದುಕುವ ಕಲೆ ಎಂಬ ಮಕರಂದವನ್ನು ಅಂದರೆ ಪರಿವರ್ತನೆಯನ್ನು ನಾವು ನಮ್ಮಲ್ಲಿ ಕಾಣಬೇಕು. ಎಂಬ ವಿಷಯದ ನಿಟ್ಟಿನಲ್ಲಿ ಎಲ್ಲ ಉಪನ್ಯಾಸಕರು ನೀಡಿದ ಉಪನ್ಯಾಸ ನಿಜವಾಗಿ ನಮ್ಮ ಜೀವನದ ಒಂದು ತಿರುವು ಎಂದೇ ಹೇಳಬಹುದು.

- ತರುಣ ಗಾಣೆಗರೆ

When I got selected for the project, I was very happy. But I was also curious about what I had to do here and how the other children will behave with me. This was a very nice experience for me as we felt very free here. The resource persons answered our each and every question.

- Aditya Yaji

I really loved this camp and its environment. I would request the organizers to conduct ‘a girls only’ session with a lady resource person.

- Ankita Hegde

I was a little scared at first. But we were given so much of care and concern, as if we were not just students but their own children.

- Gautam Nayak

This camp was an ocean of knowledge from which we must take some water. I feel a session of games or a humorous program should be included in every camp to relieve boredom.

- Kartik Nayak

All the people at the camp made us feel very comfortable. I really enjoyed this camp.

- Komal Devanand

One suggestion to the organizers – along with the teaching program, some time should be allocated to play games which can keep us healthy and fit.

- Sheshank Kindalkar

‘Teenage’ is the time when the brain has the highest capacity of grasping. Choosing us from various places so that we can live, share, serve, eat together – this is just fantastic! I am really proud to be part of this Change Makers Group.

- Shivani Gaonkar

This is my first stay outside without my parents. But everyone here made me feel at home. I even forgot the TV. Thank you all.

- Shweta Ram

This was a different kind of environment with new faces and new experiences. The camp has taught me many things that I was unaware of.

- Snehal Naik

INDIVIDUAL FEEDBACK

ಈ ಶಿಬಿರವು ಒಂದು ಮನಸಿನ ಅಥವಾ ದೇಹದಲ್ಲಿನ ಪ್ರತಿಭೆಯನ್ನು ಹೊರಹೊಮ್ಮಿಸಲು ತುಂಬಾ ಸಹಾಯಕಾರಿವಾಗಿದೆ. ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪತಿವರ್ತನಾಗಾರರು ದೇಶದ ಅಥವಾ ಸಮಾಜದ ತಿರುವಿಗೆ ಕಾರಣವಾಗುವುದರಲ್ಲಿ ಸಂಶಯವೇ ಇಲ್ಲ. ಈ ಶಿಬಿರದಿಂದಾಗಿ ಮಾನವನಲ್ಲಿ ಬರಬೇಕಾದ ಹಾಗೂ ಇರಬೇಕಾದ ನೈತಿಕ ಮೌಲ್ಯಗಳನ್ನು ಹಾಗೂ ಗುಣಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ತುಂಬಾ ಸಹಾಯಕ. ಇಲ್ಲಿನ ಪ್ರಾಧ್ಯಾಪಕರು ನೀಡುವ ಮಾಹಿತಿಗಳಿಂದ ನಮ್ಮ ಬುದ್ಧಿಶಕ್ತಿ ಹಾಗೂ ಸಾಮಾನ್ಯ ಜ್ಞಾನದ ಬೆಳವಣಿಗೆಗೆ ಕಾರಣಕೃತವಾಗಿದೆ. ಇನ್ನೂ ಕೆಲವು ನಗರ ಪ್ರದೇಶದ ಮನೆಗಳಲ್ಲಿ ಮಕ್ಕಳಿಗೆ ತಂದೆ-ತಾಯಿಯರಿಂದ ಯಾವುದೇ ಮೌಲ್ಯಗಳ ದರ್ಶನವೇ ಆಗುವದಿಲ್ಲ ಏಕೆಂದರೆ ಬೆಳಿಗ್ಗೆ 9.00 ಗಂಟೆಗೆ ತಂದೆ-ತಾಯಿಯಂದಿರು ಉತ್ತರಕ್ಕೊಬ್ಬರು ದಕ್ಷಿಣಕ್ಕೊಬ್ಬರು ಕೆಲಸಕ್ಕಾಗಿ ಮನೆ ಬಿಟ್ಟರೆ ಸಂಜೆ 7.00 ಗಂಟೆಗೆ ಬರುವುದೇ ಪರಂಪರೆ ಹಾಗೂ ಸಂಪ್ರದಾಯವಾಗಿ ಬಿಟ್ಟಿದೆ. ಬಂದ ನಂತರ ಒಬ್ಬರಿಗೆ ದಣಿವಾರಿಸಿಕೊಳ್ಳಲು, ಇನ್ನೊಬ್ಬರಿಗೆ ಕೆಲಸ ಮುಗಿಸಲು ಊಟ ಮಾಡುವ ಸಮಯ ಬರಬೇಕು. ಇದ್ದರಿಂದಾಗಿ ಮಕ್ಕಳಿಗೆ ತಂದೆ-ತಾಯಿಯರಿಂದ ಸಿಗಬೇಕಾದ ಪ್ರೀತಿ-ವಿಶ್ವಾಸ ಸಿಗುವದಿಲ್ಲ. ಕಾರಣ ಇದು ಮಕ್ಕಳಲ್ಲಿ ಒಂದು ಕೊರತೆಯಂತೆ ಹರಡುತ್ತದೆ ವಿನಃ ಒಳ್ಳೆಯ ಮೊಳಕೆಯೊಡೆಯುವ ಬೀಜದಂತಲ್ಲ.

- ಅರವಿಂದ ಶಾಸ್ತ್ರಿ

ಉತ್ತರ ಕನ್ನಡ ಜಿಲ್ಲೆಯಲ್ಲಿರುವ ಎಲ್ಲ ಶಾಲೆಯ ಮಕ್ಕಳಿಗೂ ಬಡ-ಬಲ್ಲಿದರೆನ್ನದೇ ಎಲ್ಲರಿಗೂ ಒಂದು ರೀತಿಯಲ್ಲಿ ಕಂಡು ಅವಕಾಶ ನೀಡಿದ್ದು ನನಗೆ ತುಂಬಾ ಮುಷಿಯಾಯಿತು.

- ಎಚ್.ಡಿ.ಚಿನ್ನಯ

ನಮಗೆ ಶಾಲೆಯಲ್ಲಿ ಸಿಗದ ಶಿಕ್ಷಣವನ್ನು ಈ ಶಿಬಿರ ಒದಗಿಸುತ್ತದೆ. ನಾವು ಬೇರೆ ಬೇರೆ ಶಾಲೆಗಳಲ್ಲಿ ಓದುತ್ತಿದ್ದೇವು ಆದರೆ ಕೆನರಾ ವೆಲ್‌ಫೇರ್ ಟ್ರಸ್ಟ್ ಅವರ ಸಹಾಯದಿಂದ ಬೇರೆ ಬೇರೆ ಶಾಲೆಯ ಮಕ್ಕಳೊಂದಿಗೆ ಬೆರೆಯುವ ಅವಕಾಶ ಸಿಕ್ಕಿದೆ. ಇದರಿಂದ ನಮಗೆ ನಮ್ಮವರಲ್ಲದೇ ಉತ್ತರ ಕನ್ನಡ ಜಿಲ್ಲೆಯ ಬೇರೆ ಬೇರೆ ಶಾಲೆಯ ಮಕ್ಕಳ ಪರಿಚಯವಾಗುತ್ತದೆ.

- ಹರ್ಷಿತಾ ನಾಯ್ಕ

ನಮ್ಮ ಮನಸ್ಸಿನಲ್ಲಿ ಬದಲಾವಣೆಗಳಾಗಿದೆ. ಅತಿ ಹೆಚ್ಚಿನದಾಗಿ ಮನೋಸ್ಥೈರ್ಯ, ಬುದ್ಧಿ ಸಂವರ್ಧನೆ, ಏಕಾಗ್ರತೆ, ಚಿತ್ತ ಮನಸ್ಸು ಮುಂತಾದವುಗಳ ಬಗ್ಗೆ ನಮಗೆ ಅರಿವಾಗಿದೆ. ಇಲ್ಲಿ ಅತ್ಯಂತ ವಿಶೇಷವೆಂದರೆ ಎಲ್ಲಿಂದಲೋ ಬಂದ ಮಕ್ಕಳು ನಮಗೆ ಸ್ನೇಹಿತರಾಗುತ್ತಾರೆ. ಅವರು ನಮ್ಮೊಂದಿಗೆ ಅವರ ಸುಖ-ದುಃಖಗಳನ್ನು ಹಂಚಿಕೊಳ್ಳುತ್ತಾರೆ. ಅವರಲ್ಲಿ ನಾವು ಎಂದು ಕಾಣದ ದೇವರ ಮನಸ್ಸನ್ನೂ ಕಾಣುತ್ತೇವೆ. ಇಲ್ಲಿ ಬೇಧವಿಲ್ಲ, ಮನಸ್ಸಿನಲ್ಲಿ ಕಲಬೆರಕೆಯಿಲ್ಲ. ನಾವೆಲ್ಲರೂ ಒಂದೇ ಎಂಬ ಭಾವನೆಯೂ ನಮ್ಮ ಮನಸ್ಸಿನಲ್ಲಿ ಮೂಡಿಸಿದ್ದಾರೆ.

- ಕಿರಣ ಜಿ.ನಾಯ್ಕ



All in all, this was an episode to be cherished. We started our homeward journey after lunch rather reluctantly. But we took back many pleasant memories of the time we spent together. All of us made new friends. We got to know a lot more about Kruger Foundation, Kanara Welfare Trust and their various ongoing projects. We salute the office bearers and associates of both these organizations. It is because of them that we will get to meet people from different walks of life. In his interaction, Kamat Sir had told us that there was a reason why we were the chosen ones. Time and space had made this possible. The Universe had conspired to bring us all together under the umbrella of **"Change Makers for a Better Tomorrow"**. We ardently hope to live up to the ideals of this project and really emerge as the harbingers of positivity to this world, which we call our home.

WHY THE CHANGE MAKERS PROJECT?

The world is witnessing a phenomenon not conducive for the Nature's evolutionary purpose and process. One commonly hears about Man's onslaught on the Nature, resulting in destruction of natural elements for one's own need, nay greed. The concern for the fellow human beings is marginal. Respect and love for the Nature and the environment is minimal. The Man tends to preoccupy himself in trying to only talk about this phenomenon at an intellectual level and not making a serious attempt to address the real problem.

The World cannot be changed without bringing about a change at the level of Man. If human mind changes, the world will be reflected in its change and that's the only way to change the world and save it from the downward slide that it is presently experiencing. If Man can make a positive effort to supplement the Nature's inbuilt mechanism, the acceleration towards the upward trend would be easily gained.

An attempt was envisaged and initiated at a relatively small humble level to create a group of young Boys and Girls who were in their formative years of life preferably in the age group of 14-16, who could be oriented to become change makers for the world tomorrow. The target group is chosen from the student community studying in the 8th standard in the Secondary level of Education. The candidates are selected from schools spanning the entire length and breadth of the Uttar Kannada District.

These students are brought together every 3 months for a special camp wherein they are imparted with thought-provoking and holistic training from various experts from different fields. Two batches (of 3 years each) of the project have already been completed. The third batch has been formed and we are now in the process of commencing the first Orientation Retreat for them.

SELECTION PROCEDURE OF THE THIRD BATCH

As per the procedure followed during the formation of the earlier two batches, intimation was sent to all the 360+ High Schools in the District apprising them of the project while inviting entries from them. The Trust Office received a list of 288 students from around 95 High Schools. The first written qualifying examination was held on 23rd August 2013 at 6 specified centres across the district. Based on their performance in the written exam, 100 students were shortlisted and invited to attend the second round of selection at Balamandir School, Karwar, on 3rd September 2013.

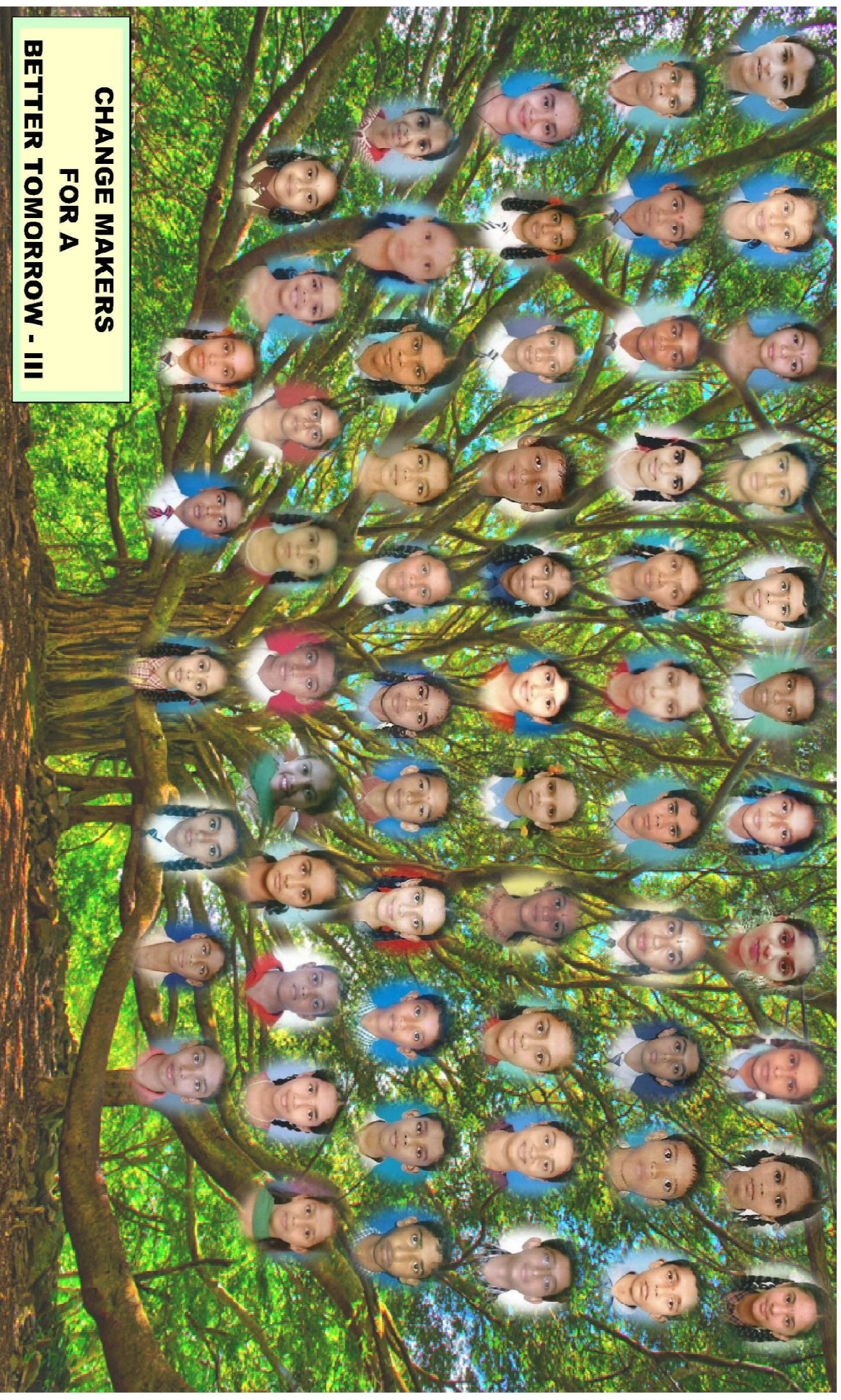
These shortlisted students were split into 6 groups and mentors from the organizing committee interacted with each group. Based on their performance in the group discussions as well as the verbal question & answer session, a total of 60 students were finally selected who will now constitute the third batch of Change Makers.



Intimation regarding the selection was made to the concerned candidates and they were asked to furnish the requisite information to the Trust Office. Necessary arrangements have been made by the Trust Office with regard to the maintenance of CMG database and transfer of monthly incentive amount to the selected candidates. The first Orientation Retreat will be organized at KWT's Gokhale Centenary College, Ankola, from 25th to 27th October 2013. The Office is now in the process of inviting eminent personalities to address and interact with these fresh candidates.

Kruger Foundation for Child Aid, Karwar, and Kanara Welfare Trust, Ankola, have been working hand-in-hand to implement several projects in the forest district of Uttar Kannada in the fields of education, rural health care, social empowerment, etc.

Project '**Change Makers for a Better Tomorrow**' focuses on developing positively oriented mindsets in teenage children. Along with attending the Orientation Retreats held quarterly, the candidates are also entitled to receive Rs.500/- per month as special incentive for a duration of 3 years.



CHANGE MAKERS FOR A BETTER TOMORROW - III

T E A M C M G

L-R: Aditya Yaji, Akshata Naik, Ankita Hegde, Arvind Shastri, Ashish Bhat, Bhaskar Patgar, Deeksha Patgar, Deepika Shastri, Deepiti Nayak, Deepiti Naik, Divya Bhat, Ganesh Gouda, Ganesh Naik, Gautam Nayak, Gurumurti Hegde, H D Chinmayi, Harshita Naik, Indrabai Kallimani, Kartik Nayak, Kavya Hegde, Kiran Naik, Kiran Naik, Komal Devanand, Krupa Naik, Lohit Naik, M N Vikas, Manasa Naik, Manjula Gowda, Nagalaxmi Patgar, Namratha Hegde, Nidhisree Kawri, Pooja Naik, Pramod Bhat, Radhika Bhat, Rajashri Naik, Raksha Hosmane, Ranjita Naik, Rashmi Naik, Sahana Gaonkar, Sandeep Bhandari, Sangeetha B H, Saurabh Halgekar, Sharat Gouda, Sheshank Kindalkar, Shilpa Siddeshwar, Shivani Gaonkar, Shivani Shetti, Shweta Ram, Siddhivinayak Hegde, Sneha Gouda, Sneha Naik, Suchiket Gaonkar, Sudha Lingam, Sushmita Kharvi, Swati Hegde, Tarun Ganiger, Vaibhavi Bhat, Vibha Bhat, Vinayak Naik