

**KRUGER FOUNDATION FOR CHILD AID,
KARWAR
AND
KANARA WELFARE TRUST, ANKOLA**

**PROJECT CHANGE MAKERS
FOR A BETTER TOMORROW - II**

TENTH ORIENTATION RETREAT

16th & 17th of JUNE 2013

Subject of the Retreat:
ART OF LIVING

Place:

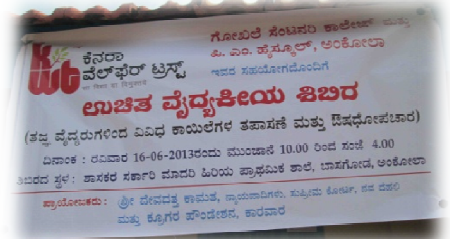
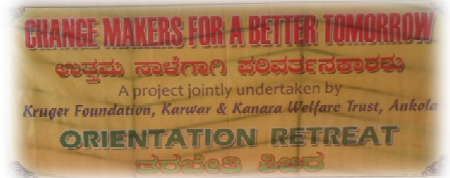
Honey Beach Resort, Honnebail, Ankola

A BRIEF REPORT

The tenth and the last Orientation Retreat for the second batch of students of Change Makers For A Better Tomorrow was organized at Honey Beach Resort, Honneball, Ankola, on 16th & 17th June 2013.

Day One – 16th June 2013, Sunday

Kanara Welfare Trust had organized a Free Medical Camp at MLA's Govt. Model Higher Primary School, Basgod, Ankola, on the 16th of June 2013. This project was also sponsored by Kruger Foundation along with Shri Devadatt Kamat, Advocate, Supreme Court, New Delhi. The organizers felt that it would be appropriate to invite the CMG members to participate in this medical camp as volunteers. As this was the last camp of the CMG-II batch, it would be apt to conclude with a social service mission. Participants started arriving at Basgod Primary School from 10.00 a.m. After their registration process was completed, the CMG members involved themselves in the registration of patients at the Medical Camp which was already underway, having started at 9.00 a.m. As most of the CMG students were in the midst of their College admission process, only 25 members were present.



The organizers had invited 5 eminent doctors in their respective fields to participate in the free medical camp.

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|------------------------------|--------------------|
| 1. Dr. Hemant Kamat, Shirali | (Heart Specialist) |
| 2. Dr. Satish Prabhu, Kumta | (Pediatrician) |
| 3. Dr. G.G.Hegde, Kumta | (Gynecologist) |
| 4. Dr. Ravi M.G., Dharwad | (Dentist) |
| 5. Dr. M.L.Fernandes, Ankola | (Gen. Physician) |



Students of the final year studying in Vishwadarshan Nursing School, Ankola, attended the camp as volunteer nurses. They assisted the doctors in the examination and testing of the patients. Mr. Isaac, Lab. Technician was present to conduct ECG, Blood Sugar tests, etc.

CMG students helped in the registration process and guided the patients to the concerned specialist doctors. 272 patients were treated at the camp. Medicines prescribed by the doctors were supplied to the patients free of cost by the organizers through M/s Prabhu Medicals of Ankola.



Lunch was served in the School Hall. The medical camp ended at 4.00 p.m.

The CMG members were later taken to the camp site at Honey Beach Resort, Honnebail, Ankola.



Honey Beach Resort is situated on a hill top adjacent to the Arabian Sea. The resort is often frequented by foreign and domestic tourists during peak seasons. As this camp was held during the off-season i.e. during the onset of monsoon, the CMG

members had the entire premises to themselves. Separate cottages for boys and girls were provided at the resort. An auditorium for conducting the individual sessions was also made available by the organizers.

After a brief rest, the CMG members were taken to a scenic spot to view the Arabian Sea which was fully charged in its monsoon glory. Prof. V.R.Kamat, Principal of Gokhale Centenary College, Ankola, narrated the history of the place to the students. Various legends associated with the nearby temples were shared with them. Later, the informal session was continued inside the auditorium. Various topics were discussed over soft drinks and hot snacks.



After a buffet dinner in the resort cafeteria, the CMG boys and girls gathered in the auditorium again for a game of *Antakshri*. (*Antakshri is a spoken parlor game played in India, Bangladesh, Pakistan and Nepal. Each contestant sings the first verse of a song that begins with the Hindustani consonant on which the previous contestant's song selection ended.*) After this, everyone retired for the night.

Day Two – 17th June 2013, Monday

After breakfast, the CMG members assembled in the canopy area of the resort. Copies of the SSLC marks- cards of the CMG members were collected by the office staff. The CMG members had promised of scoring good marks in their X Standard Board examinations. Almost all of them had secured first class with distinction. Now most of them had obtained admission in PU colleges with some of them opting to pursue Diploma education.

Shri Prashant N.Rao, Spl. Coordinator of Kanara Welfare Trust, informed the CMG members about the various other projects of Kruger Foundation and Shri Devadatt Kamat which were being implemented by the Trust.

Financial Assistance for Education

This project being sponsored by Kruger Foundation and Shri Devadatt Kamat provides financial assistance to those who, due to lack of financial resources, are deprived of pursuing higher education. In 2012-2013, 300 students were awarded with a scholarship amount of Rs.3000/- each. The scholarship would continue till their graduation provided they keep up their percentage results. This year also 300 more students will get the financial assistance.

**P.S.Kamat Memorial District Level Inter-Collegiate Debate Competition**

This competition is instituted by Shri Devadatt Kamat in the memory of his grandfather, Late P.S.Kamat. The competition has been organized as a part of the campaign for alerting the youth to the social, economic and political problems of our country and for developing leadership quality among them. The district level competition carries the following prize amounts –

First Prize – Rs.50000, Second Prize – Rs.30000, Third Prize – Rs.20000, Two Consolation Prizes of Rs.5000 each.

Apart from the prizes, various other attractive incentives will also be given to the winners. The Trust has so far conducted two annual competitions. The next competition will be conducted sometime during the end of this year.



Mobile Health Care Project

Medical camps like the one conducted the day before would henceforth be a regular feature under this project and would help the rural populace to benefit from the expertise of specialist doctors and also to avail of free medicines. A Mobile Health Care Van equipped with a doctor, nurse and medical equipment is already being run under the auspices of the Kruger Foundation with the help of an NGO, Sanjeevani Trust at Joida Taluk.



Kruger Foundation and Kanara Welfare Trust would also help specific cases where lack of finance deterred people from following education or medical care. The Trust and the Foundation is committed to ensure that no child is deprived of education & basic health care due to lack of finance.

After the recitation of '**Sankalpa**' led by Prof. **M.S.Habbu**, prayers were recited in chorus. **Shri K.V.Shetti**, Administrative Officer of Kanara Welfare Trust addressed the CMG members. Miss Anusha Hegde welcomed the keynote speaker, Shri Devadatt Kamat.

Shri Devadatt Kamat, Advocate, Supreme Court, New Delhi, spoke on the topic – "Shaping One's Destiny". Three questions arise when we talk about destiny.

- a) *How to change your destiny?*
- b) *What is your destiny?*
- c) *How do you change your destiny?*

Shri Devadatt gave examples of many famous personalities like Markandeya, Abraham Lincoln, and Napoleon Bonaparte while answering the above questions. He asked the CMG members to thrive to become a hero in their chosen field. This can be possible by following the methods of



1. *Acquiring knowledge*
2. *Perseverance and effort – the personal goal should be "nobody can beat me in hard work and effort"*

3. *Helping at least one person once in a day – “when you give – in reality you don’t give, you receive”. The more you give, the more you receive is the cardinal rule of life.*
4. *Finding an opportunity in every experience. Be alive to the opportunity.*
5. *Positive thinking and approach. Positivity in mind leads to fructification in action.*

Shri S.P.Kamat, Chairman of Kanara Welfare Trust and Kruger Foundation interacted with the Change Makers. As this was the last camp of the second batch, he gave them some words of wisdom to follow in their life. Being grateful is one of the main aspects in leading a fulfilling life. Right from the parents to others in life, gratitude must be expressed. This would hold them in good



stead in future. The CMG members promised to abide by this principle and conveyed their desire to be associated with the future camps. Shri S.P.Kamat assured them that if time and occasion permits, they could meet again. He further asked the CMG members to contact him or the organizers if they faced any difficulty in their lives. Every request or plea for help would be considered and fulfilled to the best possible extent. Now the onus was upon the Change Makers to emerge as positive examples in society.

Prof. G.V.Bhat, Trustee, Kanara Welfare Trust, who was present on the occasion spoke a few motivating words to the CMG members. He opined that personality development, accepting mistakes and working upon them, speaking with actions – are some of the important traits to follow for a successful life.



Shri Vishnu Naik spoke on the topic – “Our Tomorrows”. What we are today, it is because of our past – our behaviour, situations and experiences. What we add to our past and present contribute to our future. Dreams are very essential to shape our future. In our dream state, we awaken various ideas and thoughts. The pursuit of these dreams in our real life enriches us. Life is given to us. We have to earn it by giving it for the welfare of others. We need to give back to society which nurtured us in our growth.



Prof. M.S.Habbu recited a self-composed poem and regaled the audience. **Prof. V.R.Vernekar** spoke about the benefits of drinking water and the prevention of certain ailments.



Shri K.V.Shetti, Administrative Officer of Kanara Welfare Trust, proposed the vote of thanks for this last camp of the second batch of Change Makers. He thanked the key people of the project - Shri S.P.Kamat and Smt. Sreelata Kamat for their guidance and active involvement in the Change Makers Project. He also thanked the members of the organizing team, all the resource persons and support staff for their valuable presence and help at all the camps. He observed that planning and executing the various camps for this project involved a lot of hard work and coordination on the part of the organizers. The Trust Office staff and the concerned people take satisfaction in the knowledge that they have fulfilled their obligations and duties to the best of their abilities. It was indeed a great pleasure to interact with so many personalities and the students of the Change Makers Group. He ended his speech by wishing the CMG members all the best in their future life.



After lunch, the CMG members started on their homeward journey.

The total expenditure of the three day camp including accommodation, transportation, food, equipment and other expenses amounted to **Rs.28915/-** (Rupees Twenty eight thousand nine hundred and fifteen only).

Special thanks are due to the following persons who helped us to conduct this camp successfully.

- **Shri V.N.Nayak**, Honey Beach Resort, Honnebail, Ankola – for lending us accommodation and food at a concessional rate.
- **Prof. V.R.Kamat**, Principal, G.C.College, Ankola – for helping us to secure accommodation and active presence.
- **All the Resource Persons** – who addressed the CMG members and guided them.
- **Shri S.P.Kamat**, Karwar – for his suggestion to hold this camp at Ankola and overall guidance.