

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

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

FOURTH ORIENTATION RETREAT

10th to 12th of SEPTEMBER 2011

Subject of the Retreat:
ART OF LIVING

Place:
P.M.High School, Ankola

A BRIEF REPORT

4th Orientation Retreat**Camp held on 10th , 11th and 12th September 2011****Venue: P.M.High School, Ankola**

The fourth Orientation Course for the second batch of students of Change Makers Group was organized in the premises of the P.M.High School, Ankola, from 10th to 12th September 2011.

Day One – 10th September 2011, Saturday

Participants started arriving at P.M.High School, from 10.00 a.m. Registration commenced upon arrival. Journey tickets were collected and their signatures were obtained on the register. A copy of the camp schedule was provided to each participant. 49 CMG members (22 boys & 27 girls) participated in the camp. Accommodation was provided in the P.M.High School premises for the girls. Boys were provided accommodation at the P.M.Junior College premises. As the day (10th September) was the 102nd birth anniversary year of Dr. Dinkar Desai, founder of Kanara Welfare Trust, a copy of his life sketch was given to each participant.



11.00 a.m. to 11.30 a.m. – Light Refreshment was served.

11.30 a.m. to 12.00 noon

After paying respects to Late Dr. Dinkar Desai, the second camp was formally inaugurated jointly by the student participants and the office bearers of the CMG by lighting the traditional lamp. Shri Ravindra Keni welcomed the participants to the camp. Shri Krishnanand Shetti, Administrative Officer, Kanara Welfare Trust, gave general instructions to the CMG members. This was followed by the recitation of *Sankalpa* (resolution) and Prayer led by Prof. M.S.Habbu.



12.00 noon to 1.30 p.m.

Shri Vishnu Naik spoke on “Dinkar Desai – the Torch Bearer”. He outlined the life of Dr. Dinkar Desai and his struggles citing some interesting anecdotes. The participants got to know more about the luminary, Dr. Dinkar Desai, the founder of Kanara Welfare Trust.



Later in the day, a 30 minute biographical documentary on Dr. Dinkar Desai was exhibited to the participants on an LCD screen.

1.30 p.m. to 2.30 p.m. – Lunch break.**2.30 p.m. to 3.30 p.m.**

In this session, Prof. Mohan Habbu spoke on the topic, “Our Universe”. Giving the details regarding the size, the shape and the contents of the Universe, he narrated as to how the universe came into existence. He also dealt with the continuous evolution of the Universe. During the course of this session, pictures of various galaxies, nebulae, stars, black-holes, etc. were shown to the participants. The discourse was followed by discussion by the participants.

**3.30 p.m. to 4.30 p.m.**

In the next session, Prof. V.R.Vernekar spoke on the subject, “Success through Patience”. The participants gleaned much needed inputs to achieve their goals by being patient.

**4.30 p.m. to 5.00 p.m.** –
Break for Refreshment

5.00 p.m. to 7.30 p.m.

During the last session of the day, Hon'ble Chairman of the Kanara Welfare Trust, Shri S.P.Kamat, interacted with the CMG members. The meaning of "Sankalpa Siddhi" was narrated to the participants. He enquired with the CMG members about the various events which took part during the day. He elaborated on the benefits of remembering events sequence-wise in reverse order. The mind remembers everything but it needs to recall



and unfold those memories. The Chairman then spoke about achieving success by "I know this" and "I will understand this" concept. If the person keeps reciting or thinking that he knows this or will understand this, he will definitely conquer his impediment. This will create a positive energy around oneself. He asked the participants to inculcate this in their daily routine. In his own words, "God is never poor or weak. You are the Children of God. You can never be poor or weak. Search for that energy, that power given to you. There is no limit to achieving greatness. Even by mistake, don't let negativity touch you. If there is dark energy, then there is bright energy also. We are minute particles in comparison with the Universe. Black energy is

negative energy. We keep on creating black energy by our talks and action. Dominance of black energy will make one a black person. This will attract pain, depression and disease. We are in a continuous state of vibration. Be positively oriented. Be a change maker. Rise up. And be the change. Change is possible when you rise up from negativity. That is the whole goal of being a Change Maker." Various other topics also



came up for discussion during this interaction.

Session ended with common prayer at 7.30 p.m.

8.00 p.m. to 8.30 p.m. – Diary Writing

8.30 p.m. to 9.30 p.m. – Supper



Day Two – 11th September 2011, Sunday**7.30 a.m. to 9.00 a.m.**

The day started with a Yoga Session under the guidance of Shri Shivanna Savadi. Various

asanas were demonstrated to the participants.

Some of them were – *padmasana*,

ardhapadmasana, *pachimoutanasana*,

vakrasana, *janasirasana*, *standing asana*,

tadasana, *ardha katichakrasana*,

urdhasthotanasana, *ardha chakrasana*,

padahasthasana, *vrukshasana*, *trikonasana*, *parirutatrikonasana*, *pranayama*,

nadhishodhan parayama, *brahmari pranayama*. The participants were informed about

the process of these *asanas* and the benefit that could be derived from practicing them.

The participants practiced the *asanas* taught to them.

9.00 a.m. to 9.30 a.m. – Breakfast**9.30 a.m. to 10.30 a.m.**

Prof. M.S.Habbu, spoke on the subject, “Journey through Poetry”. Quoting several examples, he demonstrated as to how a poem should be read and comprehended. He also discussed the various phases of Kannada poetry and traced its growth over the past 20 centuries.

10.30 a.m. to 11.30 a.m.

Shri Vishnu Naik spoke on the topic “Literature, Culture and Life”.

11.30 a.m. to 12.30 p.m.

Shri Suhas Hegde, CEO of HORA Foundation, Sirsi, presented “Wonders of Nature”, pertaining to the natural wonders in Uttar Kannada District. He showed the gathering a wonderful collection of photos of natural caves, waterfalls, beaches, forts, temples, flora and fauna, local heritage, etc. In between the slides he narrated interesting information regarding the various photos. Towards the end, he narrated as to how the unique hornbill



bird was facing extinction due to the greed of man. He signed off after taking an assurance from the CMG members that they will help to protect the sanctity of the environment.

12.30 p.m. to 1.30 p.m.

Shri Shivanand Kalave, Environment Protection Campaigner, Sirsi, spoke about



“Marvels of Uttar Kannada”. He presented lesser known facts about our district in a most fascinating way by way of LCD projection and anecdotes. He spoke about the teak plantation which the British cultivated in our own district, which was later exported to England for carving their furniture and how in the process of growing teak, many local forests were destroyed. There was also a special mention of the famous pepper which

is unique to Uttar Kannada and which started the voyage of the British authorities towards India. He displayed the special coordination between some of the various species of flora and fauna and how they go about surviving in the wild. The number of forest dwellers and people who know the forests intimately is gradually declining. Soon there would be no persons available to guide researchers and scholars to go and study the environment deep into the forests. More and more forest areas are being encroached upon by the civil society. In the days to come the children of this district would have to be satisfied by viewing the flora and fauna in pictures only.

1.30 p.m. to 2.30 p.m. – Lunch break

2.30 p.m. to 3.30 p.m.

Shri D.R.Naik, Janata Vidyalaya, Kadtoka, addressed the participants on “Humor and Personality Development”. He humorously demonstrated the day-to-day situations we face in life. Holding a positive outlook towards life would help a person shape his future was the main intention of this session.



3.30 p.m. to 4.30 p.m.

As 2011 is the International Chemistry Year, Prof. V.R.Vernekar talked to the participants on this subject. Prof. Vernekar, spoke on various aspects of Chemistry and the part it plays in our day-to-day life. Fascinating trivia about Organic, Inorganic and Physical Chemistry was narrated to the participants. The chemical components of the materials we use in our everyday life was also described.

**4.30 p.m. to 5.00 p.m.** – Break for Refreshment**5.00 p.m. to 7.30 p.m.**

The participants were then taken to Nadibagh Beach. After reaching the beach, guided by Shri S.P.Kamat, the participants made a 2 km. trek along the mountainside to reach the adjacent beach at Shedikuli. The group settled at one end of the beach for an informal interaction. Brisk walking exercise was also conducted on the beach. The participants frolicked on the shore with the sea waves lapping at their feet. Some of them collected shells and pebbles. A good time was had by everyone.

**8.00 p.m. to 8.30 p.m.** – Supper**8.30 p.m. to 9.30 p.m.** – Diary Writing

Later, after the participants had finished their supper, photos of the various events of the camp were shown to them on the LCD screen. Photos from the previous Orientation Camps were also displayed. On the request of the participants, the pictures of the first batch of CMG members were also exhibited. The students later mentioned that they would love to interact with the members of

the first batch if the organizers could make it convenient to assemble them in one of the next camps.

Day Three – 12th September 2011, Monday**7.30 a.m. to 9.30 a.m.**

Yoga session was continued by practicing some of the *asanas* learned on the previous day. In addition to this, Shri Saavadi physically demonstrated some of the *kriyas* like – *jalaneti*, *sutraneti*, *vamanadhouti*, *trataka*, *navli kriya*, *vastradhouti*. The students were told that the study and practice of these *kriyas* would be taken up in the next camp.

**9.30 a.m. to 10.00 a.m.** – Breakfast**10.00 a.m. to 11.00 a.m.**

Shri Ravindra Keni, Principal, P.M.High School, Ankola, addressed the students on “Social Behavior in Insects”. He elaborated on the activity patterns of insects in general and ants in particular. He compared the social life on ants with that of human beings contemplating that they were very much similar in their behavior and habits. The participants piqued by curiosity asked meaningful queries which he answered convincingly.

**11.00 a.m. to 12.00 noon**

Shri Nagpati Hegde spoke on his chosen topic “Folk Literature”. He explained the origin, nuances and practices of Folk Culture which in turn gave rise to Folk Literature. He explained the various instances wherein a folk song was sung and composed by some of the tribal and native people. A few songs were also sung by him to substantiate this.



12.00 noon to 12.30 p.m.

This time was utilized to obtain feedback from the participants regarding the present camp and as to what they would expect in the next camp. The participants came up with spontaneous responses. Some of them are listed below.



- It would be appreciated if the next camp could be held somewhere in a forest area.
- A competition (like quiz, etc.) between batches of boys and girls would help develop a sportive spirit.
- It would be ideal if some sports activities could be held so that along with the mind even the body could get refreshed.
- One or two fun sessions could be mixed between the more serious sessions so that the entire camp could be enjoyed.
- Interaction time with the Chairman may be extended, and if possible, the interaction be held majorly in Kannada which is a comfortable language for most of the participants.
- A meeting with the first batch of CMG members could be held so that the present batch could interact with them.
- Audio-visual presentation of the subjects is more effective and wherever possible this kind of presentation should be used.
- Resource persons from outside would add more novelty to the subjects and they should be invited more often.



12.30 p.m. to 1.30 p.m. – Lunch break

After lunch, the participants started their homeward journey.

The total expenditure of the three day camp including accommodation, transportation, food, equipment and other expenses amounted to Rs.26808/- (Rupees Twenty six thousand eight hundred eight only).
