

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

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

SEVENTH ORIENTATION RETREAT

27th to 29th of JULY 2012

Subject of the Retreat:
ART OF LIVING

Place:
Gokhale Centenary College, Ankola

A BRIEF REPORT

The seventh Orientation Retreat for the second batch of students of Change Makers Group was organized at Gokhale Centenary College, Ankola, from 27th to 29th July 2012.

Day One – 27th July 2012, Friday

Participants started arriving at Gokhale Centenary College, Ankola, from 11.00 a.m. Registration was completed by 12.00 noon. The CMG members themselves initiated the registration procedure. Signatures were obtained on the attendance register.



A copy of the Camp Schedule was issued to the participants. 44 CMG students of the current batch along with 24 students from the first CMG batch were present. The camp was formally inaugurated by lighting the traditional lamp.



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 welcomed the first & second batch CMG members. General instructions regarding accommodation, camp schedule, credit of incentive amount, etc. were given.



At 1.30 p.m., lunch was served to all the participants at the UGC Hall of the College. As in the earlier camps, some volunteers from the group served the food items to the other members and resource persons.

At 2.30 p.m. **Dr. S.V.Vastrad** spoke on the topic "**Emotional Intelligence**". He explained the difference between emotional quotient and intelligence quotient. Our actions are majorly ruled by our emotions. By interweaving fables in his narration he explained his views on the subject eloquently.



Impact of Change Makers Camp on Me - As some of the students from the first batch were also present, they were asked to narrate their experiences of the camps attended by them. All the first batch students who were present recounted their time spent in the orientation retreats and implored the current batch members to take these camps seriously as they played a vital role in molding them to be Change Makers.



Chairman's session
commenced after a short
tea-break at 5.00 p.m.
Along with Chairman,
Shri S.P.Kamat, his wife,



Smt. Sreelata Kamat was also present. Together, they addressed the CMG members of the two batches on varied topics covering spirituality, meditation, positive thinking, etc.

During the duration of the last camp, Ms. Vasanthi Hariprakash from Bangalore had shot and documented the efforts made by Shri S.P.Kamat and Kruger Foundation for Child Aid, Karwar, in establishing **Gokul** at Karwar and in initiating the novel project – **Change**



Makers for a Better Tomorrow in association with Kanara Welfare Trust. This 14-minute documentary was shown to the participants.

Another documentary entitled “**Global Warning**” showcasing the problems caused by pollution and haphazard use of resources was also relayed.



The participants took their supper at 8.30 p.m. and trekked to their lodgings arranged at Shri Mahamaya Temple, a short walk from the camp location.

Day Two – 28th July 2012, Saturday

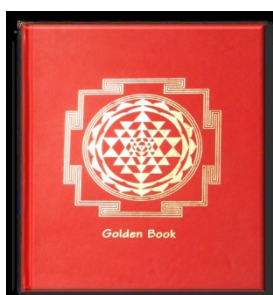
concentration.

After attending to their morning duties, the participants once again assembled in the UGC Hall of G.C.College, Ankola, at 7.00 a.m. to attend the yoga session guided by **Shri Shivanna V.Savadi**. Various *asanas* learnt in the previous camps were practiced. The yoga instructor also taught some new *asanas* that would help the participants develop a better level of

After the two-hour yoga session, the participants were given a break for rest & refreshment before the next session started.



At 9.30 a.m. **Prof. V.R.Vernekar** elaborated on the subject “**Experiences of Shiv Yog**”. The CMG members had attended the 3-day **Shiv Yog** camp at Panaji from 26 to 28 January 2012, which was conducted by **Avadhoot Baba Shivanandji**. “*Shiv*” means infinite and “*Yog*” means uniting. *Shiv Yog* is nothing but uniting oneself with the infinite. Babaji had initiated the CMG members into *Shiv Yog* with *beej mantra deeksha* and also with *Sanjeevani* (the divine love and grace of *Mahamruthunjaya*). This was level one of the *Shiv Yog* program - *Siddha Dhyana* & Healing. Prof. Vernekar had also attended the second level of the program - *Shanbhavi Dhyana* & Healing. He helped the participants recall the events which unfolded in the 3-day *Shivir* and added some of his experiences at the second level. He explained the types of energies that one generates by way of thought or action.

**The Golden Book**

In *Shiv Yog*, all *saadhaks* must have a GOLDEN BOOK. The Golden book is the book where one writes his own destiny. By doing *saadhana* with the Golden book, one materializes all that one has written in the book, in brief, materializes all that one wants in life. Prof. Vernekar explained to the participants the correct way to write down their desires in the Golden Book.



Impact of Change Makers Camp on Me – The first batch had another session to address the current CMG members. They took this opportunity to thank the organizers for selecting them as part of the first batch of Change Makers. They said that when they were initiated into the program, they were a bit skeptical about the nature of the orientation. Many of them agreed that the financial incentive was a ruling factor for attending the initial camps. After a point, they could feel that changes were happening to their persona. Ultimately they could realize that the organizers had only one thing in mind – that was to make them positively oriented in all walks of life and thus help them to become Change Makers for a Better Tomorrow. They told the present batch that they are a privileged lot and fortunate to get such golden opportunities very early in life.



After a short break for refreshments, the session resumed at 12.00 noon for **Shri Vishnu Naik's** topic of “**Male-female Concept**”. Quoting from the philosophical works of renowned authors like Will Durant and Gourish Kaikini, he portrayed the different types of love that exists in different kinds of relationships like

maternal love, paternal love, filial love, etc. he stressed that love is the building block for relationships to blossom and develop.



Lunch was served at 1.30 p.m. The CMG members had requested the cook, Shri Satish Kamat, for a special dish of “Gobi Manchurian”, which he duly prepared.

At 2.30 p.m. **Shri Nagapati Hegde** spoke to the students on “**Mental Preparation for Examinations**”. The present batch of CMG students studying in the X standard will be giving their SSLC examinations this academic year. Obviously, some students do encounter stress related problems in this regard. In this session, the participants got to know the different techniques that can be utilized for preparing themselves for examinations.



At 3.30 p.m. **Prof. M.S.Habbu** addressed the students on “**Environmental Awareness**”.



As we are aware, our earth is facing many problems with regard to greenhouse gases, pollution, plastic usage, etc. There is a need to generate more awareness about maintaining the sanctity of our environment.



Prof. Habbu stressed upon the need to avoid plastic as it was a health hazard and harmful to our environment also.

After a short tea-break, the participants assembled for the **Chairman’s session** at 5.30 p.m. The discussion resumed from the last session. Golden Books were distributed to all the participants.



Shri S.P.Kamat and **Smt. Sreelata Kamat** together explained to the participants the benefits of using the Golden Book. Interaction was also held on various other topics. The session ended with prayers.

Later, the CMG members indulged in light entertainment. Some *bhava-geeta* songs were sung by a couple of girls. The boys regaled the audience with jokes and humour. The session ended with a short poetry recital by Prof. M.S.Habbu followed by supper.



After supper, the participants returned to their lodgings for the night.

Day Three – 29th July 2012, Sunday

The next morning commenced at 7.00 a.m. with yoga again. The *asanas* learnt the previous day were practiced. At 9.00 a.m. the participants took a break for refreshment and rest.



At 10.00 a.m. **Shri Ravindra V.Keni** spoke on the subject “**Wonders of the World**”. The many wonders of the ancient and modern worlds were vividly explained. He also narrated anecdotes regarding the era in which some of the wonders were built. This

session helped the participants to enhance their general knowledge.



Last session was the **Change Makers Session**. Here the organizers obtained feedback from the participants with regard to this camp. CMG members put forth their views and suggestions. One of the suggestions was to hold special sessions in the next two camps covering difficult

areas of the core subjects of the X standard with examination point of view. Mock tests could also be conducted to help the students prepare better for their SSLC examinations. Another suggestion was that Siddapur could be made the venue for the next camp. At the end, the CMG members thanked the organizers for organizing the camp meticulously and also for inviting the last batch of CMG members as they could learn a lot from their seniors.

After lunch, the CMG members started their homeward journey.

The total expenditure of the three day camp including accommodation, transportation, food, equipment and other expenses amounted to **Rs.35,195/-** (Rupees Thirty five thousand one hundred ninety five only).

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

- **Office Bearers of Shri Laxminarayan Mahamaya Temple, Ankola** – for lending us accommodation at the temple premises.
- **Prof. V.R.Kamat**, Principal, G.C.College, Ankola – for sparing the Audio-Visual room and UGC Hall of the College for the duration of the camp.
- **Smt. Sreelata S.Kamat**, Karwar – for her presence, involvement and spiritual guidance to the participants.
- **Shri S.P.Kamat**, Karwar – for his suggestion to hold this camp at Ankola and overall guidance.