

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

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

EIGHTH ORIENTATION RETREAT

1st to 3rd of DECEMBER 2012

Subject of the Retreat:
ART OF LIVING

Place:
Shree Devaki Krishna Sansthan
Gud-Kagal, Kumta

A BRIEF REPORT

The eighth Orientation Retreat for the second batch of students of Change Makers Group was organized at Shree Devaki Krishna Sansthan, Gud-Kagal, Kumta, from 1st to 3rd December 2012.

Day One – 1st December, 2012, Saturday

Participants started arriving at Shree Devaki Krishna Sansthan from 11.00 a.m. Registration was completed by 12.00 noon. The CMG members initiated the registration procedure. Signatures were obtained on the attendance register. Light refreshment was served. A copy of the Camp Schedule was issued to the participants. 44 CMG students 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 CMG members. General instructions regarding accommodation, camp schedule, credit of incentive amount, etc. were given.



At this juncture, **Dr. S.V.Kamat**, Retd. Principal and one of the office bearers of Shree Devaki Krishna Sansthan, spoke to the participants for a short while and posed some questions to them with regard to the uniqueness of this temple. He stated that he will be present on the last day of the camp to hear the answers from them.

At 12.00 noon, **Shri V.R.Bhat**, Lecturer, J.V.P.U.College, Kadtoka, spoke on the topic "**Nature Awareness during the Vedic period**". He was welcomed by one of the change maker students. By narrating some mythological tales he explained his views on the subject eloquently. A vote of thanks for him was proposed by another change maker student.





At 1.00 p.m., lunch was served to all the participants at the Dining Hall of the temple. As in the earlier camps, some volunteers from the group served the food items to the other members and resource persons.

At 2.00 p.m. **Prof. M.S.Habbu** spoke on the topic “**Language and Culture**”. He expressively conveyed how both the aspects were interlinked. The origin of communication and its gradual evolution into the thousand of languages which are now in use all over the world was succinctly described. The part played by language in the development of a culture was vividly elaborated.



At 3.00 p.m. **Shri G.R.Tandel**, Teacher & NCC Officer of P.M.High School, Ankola, spoke on the topic “**The Role of Defence forces in Safeguarding the Nation**”. He provided the statistics of various wars and battles fought by the Indian Defence Forces. He explained the hierarchical order of the Army, Navy and Air Force. He also gave some valuable tips to the participants with regard to joining the

Defence Forces.

After a short break for tea, **Miss Bharati Hegde**, Teacher, Janata Vidyalaya, Mirjan, conducted a session on **Hindustani Classical Music**. She was assisted by her team of two on the *tabla* and *harmonium*. Initially, she explained the difference between Hindustani and Carnatic music. Thereafter, she went on to explain about the *ragas*, *swaras*, etc.



With a live performance on the various aspects of classical music, she enthralled the participants. Later, **Shri S.P.Kamat** joined in the program. The two prayers of the change makers were sung to the accompaniment of music. As this was the first exposure to music for most of the change makers, it was a

highlight of this particular camp.

Chairman's session commenced after a short break at 7.00 p.m. Along with Chairman, **Shri S.P.Kamat**, his wife, **Smt. Sreelata Kamat** was also present. Together, they addressed the CMG members on varied topics covering spirituality, meditation, positive thinking, etc. Special emphasis was given on the oncoming period of December 2012, wherein the earth was slated to enter the fourth dimension. This is the time when humanity would experience tremendous and significant changes. The Kamat couple went on to guide the participants to take advantage of this auspicious period and strive to bring about a positive ambiance in their homes and surroundings. This was basically the essence of being a change maker.



The participants took their supper at 8.30 p.m. and retired for the day after writing their daily diary.

Day Two – 2nd December 2012, Sunday



After attending to their morning duties, it was time for a vigorous trek up the Gud-Kagal Hill, led by **Shri S.P.Kamat**. The trek which commenced from the temple premises led to the summit of the hill, where the ramparts of an ancient fort still exists. The trekkers could see a marvelous view of the Arabian Sea from the fort's gun turrets. The highest altitude reached was 112 mtrs.



Shri S.P.Kamat explained about the history of the fort, which was located in a strategic area. He narrated as to how the fort dwellers evacuated the area after invasion from the enemy. They burnt their granaries and stock to avoid them from falling into enemy hands. Even now, some of the burnt rice could still be unearthed by digging in the area. The trekkers could also view an ancient water source which served the needs of the dwellers and animals during olden times.

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

At 10.00 a.m. **Dr. G.L.Hegde**, Professor, Dr. A.V.Baliga College, Kumta, addressed the participants on the topic “**National Pride**”. Shri K.V.Shetti introduced the speaker to the audience. Dr. Hegde spoke on the lack of devotion towards our country that is responsible for most of the ills plaguing the nation. Every child and every person living in this wonderful country should cultivate a feeling of oneness with our motherland.



At 11.00 a.m. **Shri I.V.Hebbar**, Headmaster of S.K.P.High School, Katgal, spoke on the topic “**Culture and Society**”. While narrating anecdotes from the Bhagwad Gita and the epics of Ramayana & Mahabharata, he stressed that it is the culture imbibed by a person, which reflects upon society and mankind. A good society can only exist if the people residing in it are provided with good moral values.

After a short break, **Smt. Sreelata Kamat** addressed the participants on varied topics. This was an interactive session wherein different queries were put forth by the participants. Smt. Kamata answered them all patiently. After a short while, **Shri S.P.Kamat** also joined the discussion.



Lunch was served at 1.30 p.m. The CMG members thanked the cook and his helpers for providing them with delicious and sumptuous food for the duration of the camp.

At 2.30 p.m. **Shri D.R.Naik**, Lecturer, J.V.P.U.College, Kadtoka, talked on “**Education and Culture**”. He told the participants that good moral values were the main factor which contributed to the personality of an individual. Education and culture should go hand-in-hand to shape one’s character.





At 3.30 p.m. **Shri Nagpati Hegde**, Teacher, P.M.High School, Ankola, spoke on the topic “**Challenges faced by Kannada & the Solutions**”. Kannada, as a language, has endured many challenges over the years. It has been influenced by many other factors also. He also narrated some solutions which will help the language to sustain itself in future.

After a short break for tea, it was time for the **Chairman’s Session**. Ably assisted by Smt. Sreelata Kamat, Shri S.P.Kamat concentrated on the queries put forth by the CMG members on varied topics. Some of the major topics which came under discussion were –

- Mother & Child – do external emotions affect the child when in the womb?
- Reservations in India – are they necessary now?
- Award of Death Penalty – various aspects which come under it
- FDI in India – justification and ramification
- December 2012 – what will happen?



After a grueling day, it was now time for light entertainment by the CMG members. They entertained themselves and others with the exhibition of their talent, much to the appreciation of those present.



The CMG members then took part in the evening puja conducted at the temple. Common prayers were sung in chorus. The day ended with supper and diary writing.

Day Three – 3rd December 2012, Monday

After attending to their morning duties, the participants assembled in the Hall 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 concentration.



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

At 10.00 a.m. **Shri Ravindra V.Keni** spoke on the subject “**Social Problems prevailing in India**”. Initially, he explained about the formation of the social structure in India. Then he went on to add as to how the society thus formed encountered numerous trials and tribulations. Gender bias, widow remarriage, untouchability, age-related problems, education for girls, etc were some of the issues he dwelled upon. He also gave some solutions which could help diminish these social evils.



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. The main suggestion was to hold special sessions in the next camp 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. At the end, the CMG members thanked the organizers for organizing the camp meticulously.



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.51,276/-** (Rupees Fifty one thousand two hundred seventy six only).

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

- **Resource Persons - Prof. M.S.Habbu**, Retd. Principal, Ankola, **Dr. S.V.Kamat**, Retd. Principal, Kumta, **Shri V.R.Bhat**, Lecturer, JV PU College, Kadtoka, **Shri G.R.Tandel**, Asst. Teacher, P.M.H.School, Ankola, **Miss Bharati Hegde**, Asst Teacher, JV-Mirjan & **Team, Dr. G.L.Hegde**, Professor, AVB College, Kumta, **Shri I.V.Hebbar**, Headmaster, SKP High School, Katgal, **Shri D.R.Naik**, Lecturer, JVCPUK-Kadtoka, **Shri Nagpati Hegde**, Asst Teacher, P.M.H.School, Ankola, **Shri Shivanna V.Savadi**, Phy. Ed. Teacher, JV-Kasarkod, and **Shri Ravindra V.Keni**, Principal, P.M.H.School, Ankola, who addressed the CMG members.
- **Office Bearers of Shree Devaki Krishna Sansthan, Gud-Kagal, Kumta** – for providing us with accommodation and other facilities at the temple premises.
- **Office Staff of Kanara Welfare Trust - Shri Prashant N.Rao**, Spl. Coordinator, **Shri Raju G.Naik**, Clerk, and **Smt. Meenaxi M.Naik**, CCT, who helped in the documentation and conduct of this camp.
- **Dr. S.V.Kamat**, Retd. Principal – for his valuable address to the participants at the beginning and at the end of the camp.
- **Smt. Sreelata S.Kamat**, Karwar – for her presence, involvement and spiritual guidance to the participants.
- **Shri S.P.Kamat**, Chairman, Kanara Welfare Trust, Ankola & **Kruger Foundation for Child Aid, Karwar** – for financing this Change Makers Project and for overall guidance.

(K.V.Shetti)

Administrative Officer
Kanara Welfare Trust, Ankola