

[transformation]

Pārivārtān

Newsletter of Change Makers For A Better Tomorrow



A joint initiative of



Foundation for Child Aid

&



Vol-I | Issue – 05 | October – December 2014

CHANGE MAKERS FOR A BETTER TOMORROW / ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಕಾರರು

Fifth Orientation Retreat for
Members of the Third Batch

14th to 16th November 2014

Venue: Shree Devaki Krishna Sansthan,
Gud-Kagal, Kumta

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 & Mother Earth

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.

Quote:

Happiness is to live in the present.
The secret is to take today as a gift.
You should always carry a smile on your face.

- Christian Kruger

THE FIFTH CAMP AT GUD-KAGAL, KUMTA

As always, we were looking forward to the intimation of our next camp from the organizers. This time the venue was Shree Devaki Krishna Temple at Gud-Kagal in Kumta. And it was a pleasant surprise to note that Mr. Christian Kruger would be arriving here to meet and interact with us. We were also asked to participate in the medical camp which was going to be held on the second day. It sure was a super bonanza for us. We were going to meet the benefactor of our project for the first time. Excitement was in the air. On the said date, we arrived in Kumta and were accompanied by the organizers to the venue of our camp. After finishing the registration formalities, we settled down to participate in the camp activities. Shri Krishnanand Shetti explained to us the camp schedule and gave us the general instructions. The program schedule contained a brief description of Shree Devaki Krishna temple, its history and origin. All the members of our project received a wonderful gift set of stainless steel items – plates, tumblers, tea-cup, etc. which we were required to bring at every camp. This thoughtful gesture from our organizers was very much appreciated by all. Later, we recited the Sankalpa and prayers. The first day's sessions began after lunch.



Shree Devaki Krishna Temple, Gud-Kagal



Distribution of steel kits to the members



Shri Vishnu Naik conducted the first session



Shri V L Hegde on "Learning Meditation"

Presented by Team CMG

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After a short tea break, we moved on to the next session on “Health & Hygiene”. Dr. Anju Namashivaya from Bangalore who is a gynecologist by profession and also a consultant on fetal medicine addressed us on the very vital issue of preserving good health. Disbunking common myths about day-to-day ailments, she stressed the importance of hygiene. She gave us the six-step formula of washing our hands, how to impart first aid and the necessity of maintaining a happy disposition. We also got some pointers towards choosing medicine as one of our career options in future. She also dispelled the wrong notions that some people have about pursuing medical education.



A special session was also conducted for the girls in our group wherein many female-related issues were discussed and solutions were provided. Dr. Anju patiently answered our many queries and we are very thankful to her for enriching our knowledge. We also appreciate the efforts of the organizers of our orientation camps who bring in new resource persons to interact with us. The camps held so far have given us a lot of information on subjects that were alien to us.

Later, we had our own session which involved some light entertainment. Members of our group got a platform to display their creative talents in the fields of song, dance, mimickry, and many others.



After supper and diary writing, we retired for the night. The next day was going to be a big day in which we were to participate as volunteers in the medical checkup camp organized at KWT's Janata Vidyalaya, Baad-Kagal. This event was one among the many projects which was being held under the banner of Kruger Foundation for Child Aid and Kanara Welfare Trust. Members of the previous two batches of the Change Makers Project were also invited to attend and interact with Mr. Kruger. We were curious to meet the members of the old batches and gain some insights from them. The added attraction was of meeting Mr. Christian Kruger from Switzerland, who was the chief sponsor for all these projects. It was the first time that we would be participating in such a setup and we were eagerly looking forward to it.

MORNING SESSION – DAY TWO

The next day commenced with a session on Yoga and light meditation. Shri Shivanna Savadi, our yoga instructor, helped us recollect the lessons we learnt in the previous camps. He demonstrated the asanas and we were asked to practice the same. Shri Savadi explained the benefits of each yoga posture & asanas. He stressed upon the useful benefits which can be derived from practicing 'Pranayama'. A healthy mind in a sound body was the underlying essence of this session.



After some rest and refreshment, we went to the place where the medical camp was scheduled to be held. The location was one of the schools run by Kanara Welfare Trust. We saw a couple of banners announcing the medical camp. Some people from the nearby villages had already started coming in for medical examination and treatment. We learnt that the organizers had been very busy in organizing this medical camp and also that a couple of camps of this nature had already been held previously in other locations. The staff and faculty members of the school – Janata Vidyalaya, Baad-Kagal, were also busy in the activities of the camp.



This unique venture - MOBILE HEALTH CARE PROJECT - was being conducted by Kanara Welfare Trust with the support of Kruger Foundation, and Shri Devadatt Kamat, Advocate, Supreme Court, New Delhi. This project involving conduct of free health camps at various rural places in the district was envisaged to enable the economically backward populace to avail of quality medical care by expert doctors. It was our good fortune that we members of the Change Makers for a Better Tomorrow project were participating in this noble endeavour. Classrooms of the school were temporarily converted into examining rooms for patients. Six doctors from different fields of medicines - a Cardiologist, 2 Gynecologists, one Pediatrician, one ENT Surgeon & one General Practitioner - were present to attend to the patients. Mr. Prashant, Ms. Meenaxi and Mr. Raju from the Trust office, who were part of the organizing team explained our roles and duties as volunteers for the duration of this medical camp. We registered the names of patients with age & address details, escorted them to the concerned doctor and after examination, helped them procure the prescribed medicines free of cost from the designated medical dispensary which was housed in one of the classrooms.





Every one of us from the Change Makers Group took turns to carry out the various activities. Soon, some members from the previous CMG batches also joined in. We were ably guided by the organizing team. Some villagers had travelled from distant places to attend the camp and seek medical attention. We helped all the patients, young and old, to get the necessary treatment and medicines. It was very nice to see them brimming with smiles after their needs were adequately addressed and medicines & food supplements were distributed to them. Helping others in whatever way we can is one of the most satisfying things in life. We derived tremendous happiness from our deeds on this day and were thankful that such an opportunity had come our way so early in our lives.

We understood from the organizers later that some 342 patients were examined and treated on the day of the camp. The total cost of the medicines and health supplements dispensed in the camp to the patients amounted to Rs.99,840. Kruger Foundation and Kanara Welfare Trust have been indeed instrumental in bringing about such a social change in the rural areas through the implementation of various projects. This made us look up to them with new eyes and tremendous awe & respect.

After our duties at the medical camp, we moved to our camp site for lunch and light rest. We eagerly awaited the arrival of Shri S.P.Kamat and Mr. Kruger. They addressed us together.



CK – “You should always carry a smile on your face. Many things happen in life. Yes, family problems are there, you have your studies. We come into this world and one day we will leave it. Make the best of the things you can. Happiness come from serving others. I have realized this more than a hundred times over the past 42 years. You want a nice house, a nice car, a swimming pool. Yes, it’s nice. But happiness is not having things, happiness is being things. Being comes from your soul.

In another 30 years, there will be 9 billion people on the planet. Can we buy 9 billion cars, build 9 billion homes or 9 billion swimming pools? Probably not. But we can learn to be happy. We see that in old cultures like that of China, India, Egypt, some 2500 years ago, the wise men, the sages had a secret. The secret was not about making money. The secret was about living in the present. We live in a time where money is important. When you look back at history, the age what we call capitalism or making money, has been there only for the last couple of hundred years.

How do you live in the present? You meditate. How do you meditate? You watch you breath. You breathe in, you breathe out. Its actually easy if you learn not to keep wandering with your thoughts. You have to learn to control your thoughts. The future holds a lot of scope for sharing. The secret is to take today as a gift. Learn to live in the present. Meditate, be at peace with yourself and at peace with others. I wish all of you a very happy life.”



SPK – “Art of living is living in the present. If you learn and if you know, how to live this moment then you will always be in joy, always be in bliss. Mr. Kruger said that the secret of being happy is to live in the present. But to live in the present we need two things. Breath is one such thing which is continuously with us at every moment and which connects us to the world. Our whole existence depends on our breath. You get yourself connected with the Universe with your breath.

Secondly, try to see the thought which comes in. Don't try to shunt it out. Observe the thought. Controlling our thoughts is very difficult. It does not happen very easily. Meditation helps us in that.”



After many such valuable gems of information, we came to the end of the session. We were presented with fruits and a copy of the Golden Book. For the uninitiated, the ‘Golden Book’ is the book where one writes his / her own destiny. By doing saadhana with the Golden book, one materializes all that one has written in the book.

It was soon time for Shri S.P.Kamat and Mr. Kruger to take leave. Though it was quite late in the evening, they happily posed for photographs with us. We requested Mr. Kruger to come again and join us in our future camps.





Afterwards, we had time for some light entertainment. Some of us sang, danced and participated in comic one-act plays. However, the performance of the previous batch members in a small drama which they enacted for us took us by surprise. They had composed the entire thing on the spur of the moment and had only half an hour's time for preparation. The enactment was very polished and the subject they had chosen was very life-like. The entertainment program carried on for some time. Later, we had supper and retired for the night.

The last day of the camp commenced with yoga and meditation. After breakfast, we submitted the feedback forms to the organizers and reluctantly made our way homewards.

FEEDBACK FROM THE CHANGE MAKERS

We worked as volunteers in the Medical Camp organized by the Trust. It was a very good experience. I felt very happy helping the patients. I found Mr. Christian Kruger to be a very simple and happy man. He has great knowledge on Indian culture and tradition.

- **Aditya Yaji**

I carry two important things from this camp. One was the presentation of the 'Golden Book' and another was our meeting with Mr. Kruger. I also remember the fruits which Kamat Sir and Mr. Kruger brought for us.

- **Ankita Hegde**

Education is not preparation for life, education is Life itself. Kanara Welfare Trust & Kruger Foundation have enriched our childhood with such a wonderful beginning.

- **Deepti Nayak**

Just like Mother Devaki carried Lord Krishna in her arms, we felt cradled by the love and affection shown by the entire organizing team. Mr. Kruger and the language he spoke was so simple, we forgot that he was from a foreign land. His words were very motivating.

- **Gautam Nayak**

This camp was a golden opportunity. We learned the importance of health & hygiene. I felt proud as I could become a 'mini Doctor' for some time.

- **Kartik Nayak**

This time, our camp location was at a temple where we were in the presence of a very powerful mother carrying God Krishna in the form of a child. The most important thing we learnt in this camp was 'to live in the present'. This is the secret of being happy & satisfied.

- **Komal Devanand**

This camp was a "Bumper Bonanza". We got a chance to participate in the medical camp and interact with Mr. Christian Kruger. The members from the II CMG batch conducted a drama for us and it was so very good. The food was also very delicious.

- **Namrata Hegde**

All the sessions of this camp were very inspiring, especially the advice given by Mr. Kruger

- **Nidhishree Kawri**

This camp was held in the presence of peace and divine energy at Shree Devaki Krishna temple. We learnt about health, meditation and other humane aspects which add so much value to a soul.

- **Sangeetha B**

As said by Sage Parashara, the word 'Guru' means one who removes the darkness and enlightens us. The fifth camp was a golden chance for us to meet Mr. Christian Kruger and listen to his advice.

- **Saurabh Halgekar**

This camp was significant as it was held on 14th November which is 'Children's Day'. The 'seed' of the Change Makers Projects was planted 7 years ago by Kamat Sir and Kruger Sir. It is our duty as CMG members to take this to the next level.

- **Sheshank Kindalkar**

Our participation as volunteers for the medical camp was so meaningful and memorable. There is a saying in Kannada – 'jana seveye janardhana seve' which means 'service to the people is service to God'. The last two camps were held in the lap of Mother Nature. This time we were in a mythological land of Shree Devaki Krishna. Every camp is a different experience altogether. In this camp, we learnt a little more about meditation.

- **Shilpa Siddeshwar**

Though we didn't have many academic session this time, the time spent in the medical camp was a great experience. The patients at the camp shared their feelings with us, which was very touching. We also got a chance to talk to some of the members from the second batch. Meeting Mr. Kruger and getting the Golden Book was also wonderful.

- **Shivani Gaonkar**

"An investment in knowledge pays the best interest." The Change Makers Project is a very excellent opportunity for us to learn so many new things.

- **Shivani Shetti**

Once a man asked a sculptor, "how do you carve such nice idols?" The sculptor replied with a smile, "the idols are hidden in the stones. I only remove the unwanted stone particles to bring them out. That's all." We are the privileged few who have such sculptors in our life thanks to the Change Makers Project. In this camp, we got to meet the members of the second batch. The highlight was our interaction with Mr.Kruger who always keeps a beautiful smile.

- **Shweta Ram**

ಕೆನರಾ ವೆಲ್‌ಪೆರ್ ಟ್ರಸ್ಟ್ ಹಾಗೂ ಕ್ರೂಗರ್ ಫೌಂಡೇಶನ್ ಇವು ನಿಜವಾಗಿಯೂ ನಮಗೊಂದು ಹೊಸ ಜೀವನವನ್ನು ರೂಪಿಸುತ್ತಿವೆ. ನಮ್ಮಲ್ಲಿ ಮೌಲ್ಯಗಳನ್ನು ತುಂಬಿಸುತ್ತಿದೆ. ಇದೊಂದು ಟ್ರಸ್ಟ್ ಮಾತ್ರವಾಗದೆ ನಮ್ಮೆಲ್ಲರ ದಾರಿದೀಪವಾಗಿದೆ. ಕೆನರಾ ವೆಲ್‌ಪೆರ್ ಟ್ರಸ್ಟ್ ಎಂಬ ದೊಡ್ಡ ಆಲದಮರದಲ್ಲಿ ಇದರ ಸಹಾಯಕರೂ ಹಾಗೂ ನಮ್ಮೆಲ್ಲರ ಗುರುಗಳಾಗಿ ರೆಂಬೆ-ಕೊಂಬೆಗಳೂ ಮತ್ತು ಹೂವು, ಹಣ್ಣು, ಎಲೆಗಳಾಗಿ ಸಿ.ಎಮ್.ಜಿ.ಸದಸ್ಯರು ಅಂದರೆ ನಾವು ಆಗಿದ್ದೇವೆ ಎಂಬುದೇ ನಮಗೆ ಹೆಮ್ಮೆಯ ವಿಷಯ.

- **Akshata Naik**

ದೇವಾಲಯದ ಸುಂದರ ಪರಿಸರದಲ್ಲಿ ನಮಗೆ ಉಪನ್ಯಾಸ ನೀಡುತ್ತಿರುವುದು ಉತ್ತರ ಕನ್ನಡದ ಮಕ್ಕಳಾಗಿ ಜನಿಸಿದ ನಮ್ಮ ಪುಣ್ಯವೇ ಸರಿ. ಅರಣ್ಯ ಜಿಲ್ಲೆಯಾದಂತ ಉತ್ತರ ಕನ್ನಡದಲ್ಲಿ ಇಂತಹ ಒಳ್ಳೆಯ ಶಿಬಿರವು ಪುಣ್ಯಕ್ಷೇತ್ರ, ಪ್ರೇಕ್ಷಣೀಯ ಸ್ಥಳಗಳಲ್ಲಿ ನಡೆಯುವುದರಿಂದ ನಮಗೆ ತುಂಬಾ ಅನುಕೂಲವಾಗಿದೆ.

- **Bhaskar Patgar**

ಚಿಂಜ ಮೇಕರ್ಸ ಶಿಬಿರದಲ್ಲಿ ಸಿಕ್ಕಂತಹ ಅನುಭವ, ಅವಕಾಶ, ಸಂತೋಷ ಬೇರೆಯೂ ಸಿಗಲಾರದು. ಇದು ನಮ್ಮ ಜೀವನದ ಮಹತ್ವದ ಘಟ್ಟ. ಇದರ ಪರಿವರ್ತನೆಯ ಕನಸನ್ನು ನಾವು ಸರಿಯಾಗಿ ಮೈಗೂಡಿಸಿಕೊಂಡರೆ ಈ ಸಮಾಜಕ್ಕೆ ಹಾಗೂ ನಮಗೆ ಯಶಸ್ಸು ಶತಸಿದ್ಧಿ ಎನ್ನುವದರಲ್ಲಿ ಯಾವುದೇ ಸಂಶಯವಿಲ್ಲ. ಪ್ರತಿಯೊಂದು ಶಿಬಿರವೂ ನಮಗೆ ವಿಶೇಷ ರೀತಿಯ ಅನುಭವ ನೀಡುತ್ತಿದೆ. ಸಮಯಪ್ರಜ್ಞೆ, ನಿಸರ್ಗಪ್ರಜ್ಞೆ, ಆಧ್ಯಾತ್ಮಿಕ ಮುಂತಾದ ಅಂಶಗಳು ನಮ್ಮ ರಕ್ತಗತವಾಗಲು ಸಹಕರಿಸುತ್ತಿದೆ. ಬೇರೆ ಬೇರೆ ದಿಕ್ಕುಗಳಿಂದ ಬಂದಿರುವ ನಾವು ಒಂದೊಂದು ಶಿಬಿರವು ಕಳೆದಂತೆ ಮತ್ತಷ್ಟು ಒಗ್ಗೂಡುತ್ತಲೆ ಇರುತ್ತೇವೆ. ದಿನ ಕಳೆದಂತೆ ನಮ್ಮಲ್ಲಿ ಆತ್ಮೀಯತೆ ಹೆಚ್ಚುತ್ತಿದೆ ಇದು ಕೂಡ ಉತ್ತಮ ಪರಿವರ್ತನೆಯೇ ಸರಿ.

- **Deeksha Patgar**

ಮುದ್ದಿನ ಮಕ್ಕಳ ಮನಸ್ಸಿನಲ್ಲಿ ಮುದ್ದಾದ ಜ್ಞಾನದ ಗುಡಿಕಟ್ಟಿ, ಅದರಲ್ಲಿ ಮನೋಸ್ಥೈರ್ಯ, ದೃಢತೆ, ಮುಂತಾದವುಗಳ ದೀಪವಿಟ್ಟು ಪ್ರತಿಯೊಬ್ಬರನ್ನು ದೇವರಂತೆ ಕಾಣಬೇಕು ಎಂಬ ಕಾರಣಕ್ಕಾಗಿ ಬಡಮಕ್ಕಳ ಕತ್ತಲಿಗೆ ದಾರಿದೀಪವಾಗಿರುವ ಕೆನರಾ ವೆಲ್‌ಪೆರ್ ಟ್ರಸ್ಟ್ ಹಾಗೂ ಸದಾ ನಗುನಗುತ್ತಾ ಮುಗುಳ್ಳಗೆಯಿಂದಿರುವ ಕ್ರಿಶ್ಚಿಯನ್ ಕ್ರುಗರ ಅವರು ಕ್ರುಗರ ಫೌಂಡೇಶನ್ ಸಂಸ್ಥಾಪಕರು. ಇವರಿಬ್ಬರೂ ಕೈಜೋಡಿಸಿ ಆರ್ಥಿಕ ಪರಿಸ್ಥಿತಿಯಿಂದ ಬದುಕಿನ ಪಯಣದಲ್ಲಿ ಸುಮ್ಮನೆ ಕುಳಿತಿರುವ ಪ್ರತಿಭಾವಂತ ಬಡ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಹೊಸ ಜೀವನ ಮಾರ್ಗವನ್ನು ಕಲ್ಪಿಸಿಕೊಟ್ಟಿದ್ದಾರೆ. ಜೀವನದ ನೂರಾರು ನೋವುಗಳನ್ನು ಮರೆಯಲು ಶಿಬಿರದಲ್ಲಿ ಬರುವ ಗೆಳೆಯರ ಗೆಳೆತನದ ಒಂದು ಸಣ್ಣ ಋಷಿಯ ನೆನಪು ಸಾಕು ಎಂಬ ನಿಟ್ಟಿನಲ್ಲಿ ಶಿಬಿರವನ್ನು ನಡೆಸುತ್ತಿದ್ದಾರೆಂಬುದು ನನ್ನ ಸಣ್ಣ ಅಭಿಪ್ರಾಯವಾಗಿದೆ. ಮಕ್ಕಳೆಂಬ ಬೀಜಕ್ಕೆ ಜ್ಞಾನ, ಮೌಲ್ಯಗಳು ಎಂಬ ಫಲವತ್ತಾದ ಗೊಬ್ಬರ ನೀಡಿ ಪರಿವರ್ತನೆಯ ಬೆಳಕನ್ನು ನೀಡಿ ಮನುಷ್ಯರೆಂಬ ಒಳ್ಳೆಯ ಫಲವನ್ನು ನೀಡುತ್ತಿದ್ದಾರೆ. ಇಲ್ಲಿನ ಉಪನ್ಯಾಸಕರು ಇಲ್ಲಿ ಆತ್ಮವಿಶ್ವಾಸದ ಫಲವನ್ನು ತುಂಬಿ ಜ್ಞಾನ ಶಕ್ತಿಯನ್ನು ಮಕ್ಕಳಲ್ಲಿ ಅಗಾಧವಾಗಿ ಬೆಳೆಸುತ್ತಾರೆ.

- **Ganesh Naik**

ಕೆನರಾ ವೆಲ್‌ಫೇರ್ ಟ್ರಸ್ಟ್ ಮತ್ತು ಕ್ರೂಗರ್ ಫೌಂಡೇಶನ್ ವತಿಯಿಂದ ಅಯೋಜಿಸಿದ್ದ ಈ ಶಿಬಿರವು ಕೇವಲ ಜ್ಞಾನಾತ್ಮಕ ವಲಯವಾಗಿರದೆ ಮಾನಸಿಕ ಮತ್ತು ಭಾವನಾತ್ಮಕ ಅಂಶಗಳನ್ನು ಹೊಂದಿದೆ. ಮಕ್ಕಳಿಗೆ ವಿವಿಧ ಸೌಲಭ್ಯಗಳನ್ನು ಒದಗಿಸಿಕೊಡುತ್ತಿದೆ. ನಮ್ಮೆಲ್ಲರ ಭವಿಷ್ಯದ ದಾರಿದೀಪವಾಗಿದೆ. ಪ್ರತಿಯೊಂದು ಶಿಬಿರದಲ್ಲಿಯೂ ಬೇರೆ ಬೇರೆ ಸ್ಥಳಗಳಲ್ಲಿ ವಿಶೇಷ ನುರಿತ ತಜ್ಞರಿಂದ ತರಬೇತಿ ನೀಡಿ ನಮ್ಮ ಮನಸನ್ನು ಅರಿತುಕೊಂಡು ಸಂವಾದದ ಮೂಲಕ ನಮ್ಮ ಪ್ರಶ್ನೆಗೆ ಪ್ರತಿಕ್ರಿಯಿಸುವುದಲ್ಲದೆ ನಮ್ಮೊಂದಿಗೆ ಪ್ರಿಯ ಪಾತ್ರರಂತೆ ವರ್ತಿಸುತ್ತಾರೆ. ಈ ಶಿಬಿರ ಕೇವಲ ಏಕರೂಪ ಮಾರ್ಗದಲ್ಲಿ ಸಾಗದೆ ಎಲ್ಲರಲ್ಲಿ ಅಡಕವಾಗಿರುವ ಪ್ರತಿಭೆಗಳನ್ನು ಹೊರಹಾಕುವಲ್ಲಿ ಯಶಸ್ವಿಯಾಗಿದೆ. ಸ್ಪರ್ಧಾತ್ಮಕ ಜಗತ್ತಿನಲ್ಲಿ ಸ್ಪರ್ಧಿಸಲು ಸ್ಪೂರ್ತಿದಾಯಕವಾಗಿದೆ. ಆದ ಕಾರಣ ಕೆನರಾ ವೆಲ್‌ಫೇರ್ ಟ್ರಸ್ಟ್ ಮತ್ತು ಕ್ರೂಗರ್ ಫೌಂಡೇಶನ್ ಕಾರವಾರ ಇವರ ಸಹಕಾರ ಅತ್ಯದ್ಭುತವಾದದ್ದು ಎಂಬುದು ನನ್ನ ಅಭಿಪ್ರಾಯ.

– Manasa Naik

ನಾವು ನಮ್ಮ ಶರೀರದ ಕೂದಲಿನಿಂದ, ಕಾಲುಗುರಿನವರೆಗೂ ಶೃಂಗಾರಗಳನ್ನು ಮಾಡಿಕೊಳ್ಳುತ್ತೇವೆ. ಆದರೆ ಇಂದು ಆಧುನಿಕತೆಯ ಮಡಿಲಲ್ಲಿ ಮಲಗಿ ನೈತಿಕ ಮೌಲ್ಯವನ್ನು ಮರೆತಿರುವ ನಮ್ಮ ಸಮಾಜದ ಮುಂದಿನ ಪ್ರಜೆಗಳಾದ ನಮ್ಮಂತಹ ಮಕ್ಕಳ ಮನಸ್ಸಲ್ಲಿ ನೈತಿಕ ಮೌಲ್ಯದ ಬೀಜ ಬಿತ್ತಿ ಪರಿವರ್ತನೆಯ ಫಲವನ್ನು ಬಯಸುತ್ತಿರುವುದು ಕೆನರಾ ವೆಲ್‌ಫೇರ್ ಟ್ರಸ್ಟ್ ಮತ್ತು ಕ್ರೂಗರ್ ಫೌಂಡೇಶನ್. ಇರುಳಿನಲ್ಲಿ ಚಂದ್ರ ತಾನೇ ಆಕಾಶಕ್ಕೆ ಒಡೆಯನೆಂದು ಬೀಗಿದರೆ ಹಗಲಿನಲ್ಲಿ ಸೂರ್ಯನ ಬೆಳಕಿನಲ್ಲಿ ಮರೆಯಾಗುತ್ತಾರೆ. ಆದರೆ ಕೆನರಾ ವೆಲ್‌ಫೇರ್ ಟ್ರಸ್ಟಿನ ಮತ್ತು ಕ್ರೂಗರ್ ಫೌಂಡೇಶನ್ ಅಧಿಕಾರಿಗಳು ಸೂರ್ಯನಂತೆ ಪ್ರಕಾಶಮಾನವಾಗಿ ಹೊಳೆಯುತ್ತಿದ್ದರೂ ಬಿಗುಮಾನಗಳನ್ನು ತೋರದೆ ಮಕ್ಕಳೊಂದಿಗೆ ಮಕ್ಕಳಾಗಿ ಅವರು ನಮ್ಮೊಂದಿಗೆ ಕಳೆದ ಸಂದರ್ಭಗಳು ಚೇನುತುಪ್ಪದಂತೆ ಸವಿಯಾಗಿರುತ್ತದೆ ಎಂದು ಹೇಳಿದರೆ ಅದು ತಪ್ಪಾಗಲಾರದು.

– Manjula Gouda

FEEDBACK FROM THE SECOND BATCH MEMBERS

ದ್ವಿತೀಯ ಬ್ಯಾಚಿನ ಸದಸ್ಯರಾದ ನಮ್ಮನ್ನು ಈ ಶಿಬಿರಕ್ಕೆ ಅಹ್ವಾನಿಸಿದಕ್ಕೆ ಹೃದಯಪೂರ್ವಕ ವಂದನೆಗಳು. ಬಹಳ ದಿನಗಳ ನಂತರ ನಮ್ಮ ಹಳೆಯ ಸ್ನೇಹಿತರ ಭೇಟಿ ಸಾಕಷ್ಟು ಖುಷಿ ಕೊಟ್ಟಿದೆ. ಎಸ್.ಪಿ.ಕಾಮತ್ ಸರ್ ಮತ್ತು ಕ್ರೂಗರ್ ಸರ್ ಅವರು ನಮ್ಮೊಂದಿಗೆ ಚರ್ಚಿಸಿದ ವಿಷಯಗಳು ಹಿಂದಿನ ಕ್ಯಾಂಪಿನ ನೆನಪನ್ನು ಮೆಲುಕು ಹಾಕುವಂತೆ ಮಾಡಿತು.

ಮೂರನೇ ಬ್ಯಾಚಿನ ಮಿತ್ರರಿಗೆ ಕೆಲವು ಕಿವಿಮಾತು ಹೇಳಲು ಬಯಸುತ್ತೇವೆ. ಎಲ್ಲ ಮಿತ್ರರು ಬಹಳ ಬುದ್ಧಿವಂತರು ಹಾಗೂ ಪ್ರತಿಯೊಬ್ಬರು ತಮ್ಮ ಮೂಲಕ ತಮ್ಮಲ್ಲಿರುವ ಪ್ರತಿಭೆಯನ್ನು ತೋರ್ಪಡಿಸುತ್ತಾರೆ. ಆದರೆ ಅತಿಯಾದ ಮೊಬೈಲ್ ಬಳಸುವುದು ಇಷ್ಟವಾಗಿಲ್ಲ. ಪ್ರಾರ್ಥನೆಯನ್ನು ಮಾಡಿ ಊಟ ಮಾಡುವುದು ರೂಢಿಮಾಡಿಕೊಳ್ಳಬೇಕು. ಯಾವುದೇ ಕೆಲಸವನ್ನು ಬೇರೆಯವರಿಂದ ಹೇಳಿಸಿಕೊಳ್ಳದೆ ಮಾಡುವ ಚುರುಕುತನ ಇನ್ನೂ ನಮ್ಮ ಮಿತ್ರರಲ್ಲಿ ಬೆಳೆಯಬೇಕಿದೆ. ಯೋಗಾಸನದ ಅವಧಿಯನ್ನು ಅವರು ಸದುಪಯೋಗ ಪಡಿಸಿಕೊಳ್ಳಬೇಕು. ಶಿಬಿರದ ಮೊದಲನೇ ದಿನದಿಂದ ಶಿಬಿರ ಮೂಗಿಯುವ ದಿನದವರೆಗೂ ಸಂಘಟನೆ ಕಾರ್ಯದಲ್ಲಿ ಸಕ್ರಿಯವಾಗಿ ಪಾಲ್ಗೊಳ್ಳಬೇಕಾಗಿ ಆಶಿಸುತ್ತೇವೆ. ಇಂಥ ಚಿಕ್ಕ ಚಿಕ್ಕ ತೊಡಕುಗಳನ್ನು ನಿವಾರಿಸಿಕೊಂಡಲ್ಲಿ ಅವರು ಉತ್ತಮ ಪರಿವರ್ತನಾಗಾರರಾಗುವಲ್ಲಿ ಯಾವುದೇ ಸಂದೇಹವಿಲ್ಲ.

ಕಾಮತ್ ಸರ್ ಮತ್ತು ಕ್ರೂಗರ್ ಸರ್ ಇವರು ಬಿತ್ತಿದ ಜ್ಞಾನದ ದೀಪ ತನ್ನ ಪ್ರಕರತೆಯಿಂದ ಉತ್ತರ ಕನ್ನಡದ ಅನೇಕರ ಬಾಳಿನಲ್ಲಿ ಬೆಳಕಾಗಿದೆ. ಅವರ ಈ ನಿಶ್ಚಾರ್ಥ ಸೇವೆ ಹೀಗೆ ಮುಂದುವರೆದು ಅನೇಕರಿಗೆ ನೆರವಾಗಲಿ.

MEMBERS OF THE SECOND BATCH OF CHANGE MAKERS



Rajeshwari Hegde, Purushottam Chowdal, Vinay Palankar, Rajeshwar Rathod, Veena Hegde, Soujanya Hegde, Bhagyashri Hegde, Akshata Hegde, Anusha Hegde

VOICES FROM THE MEDICAL CAMP

It should be understood that these medical camps are being organized in the remote and rural areas of the district where the populace do not have easy access to medical facilities – either basic or advanced. There is also a lack of awareness regarding health and hygiene in the villages. Most of the time, the ignorant villagers depend upon home remedies which may not be beneficial for them always. The cost factor plays another vital role. Going to a doctor in the nearby town entails forfeiture of a day's wages for these simple people whose source of income is limited.



Considering these socio-economic factors, the camps are normally held in a central village place where people from the nearby villages can attend and get their needs addressed. Feedback from the doctors are obtained after the camps. The observations made by them are duly noted and efforts are made to address the various issues which come up at each camp. These inputs help the organizing team to efficiently reach out to the people in need of health care. Here we have the opinions regarding the medical camp voiced by two expert doctors who have participated in this project.

DR. HEMANT KAMAT, CARDIOLOGIST, KARWAR

Earlier we used to tell that chronic problems, stress related problems are less prevalent in rural villages. But it is not like that now. People in rural areas are also stressed. Recent surveys show that the prevalence of major diseases like cardiac issues, hypertension, obesity, diabetes are more or less the same in both urban and rural areas. Type of stress may differ. But the pre-disposing factors for modern day stress are inter-personal relationships, addiction to alcohol and tobacco among other things. Most of the people in our villages have anemia – lack of sufficient haemoglobin. Worm infestations are very common. We treat such cases by giving them food supplements, iron tonics, etc. People in the villages go to the doctor only when the problem is very grave. Mostly they depend on household remedies. Access to quality medical care is a major problem for them.



The very important aspect of camps of this nature is that they help doctors to detect diseases at an early stage. Plus, we can educate them. We have interactive sessions at the beginning of the camps where we guide the people about diet, exercises and care to be taken to help prevent certain diseases. Promotive health is the need of the day. Quality of life should be good. Food habits are very important otherwise malnutrition and under-nutrition cases emerge. In my opinion, reaching out to the underprivileged people is the best service to God. That gives me fulfilment in life.

Lot of activities are going on under the banner of Kruger Foundation for Child Aid and Kanara Welfare Trust led by the dynamic and energetic Shri S.P.Kamat, who is a source of inspiration for all of us. We all must be grateful to God for having given us an opportunity to serve. Many people have the inclination to serve but they may not have the opportunity. In India, luckily, we are having both - inclination of the individual to serve and ample opportunity avenues.

DR. ANJU NAMASHIVAYA, GYNECOLOGIST & FETAL MEDICINE CONSULTANT, BANGALORE



This camp is a first time experience for me for which I am very grateful. We did have rural camps as part of our training as doctors but I did not expect the number of patients that we saw in this camp. I was struck by the innocence of these people. The underlying thread that came across as I was examining patients was generalized awareness. There were such simple problems to deal with but it was a pity that the women were not aware of it. When it is a health camp of this nature, many women feel free to come. There were many women who said that they had had these problems for years and it was the first time they had come to a doctor. These were mainly simple issues which were bothering their day-to-day routine life. For example, they came with so many complaints but they didn't know that it was because of low haemoglobin and iron supplements could treat that.

People don't know what the doctors are going to charge when they come in. The cost of consultation and medical expenses have become a limiting factor not only in rural areas but in the cities as well. I practice in Bangalore and even there I have seen women postponing their visit to the doctor because they were not sure how much it was going to cost them. They were worried about what the doctor was going to tell instead of going to him / her and getting the issue resolved. It is not about money all the time. If the woman can get her scans & tests done by a qualified doctor and if she is reassured that all is well, I think she is going to be happy for the rest of her life.

I feel happy as a human being that I have done a really good job at this camp. My parents would be really proud of me that I am a doctor today. I think you can only become a real doctor when you come and work in a setup like this. Regarding the issue of compulsory service in rural areas for students studying medicine, the student doctor himself or herself should feel the intention and the necessity to work in a scenario like this. If you are a good human being, I think you are going to become a good doctor anyways. That can only happen by coming and working here, sharing the innocence of these people around on this area, which is completely missing in our cities.

A BRIEF GLANCE AT THE ENTITIES - KRUGER FOUNDATION & KANARA WELFARE TRUST

KRUGER FOUNDATION FOR CHILD AID, based in Karwar, on the west coast of India, envisages a role for itself in helping children in distress and need - a situation arising on account of either the poverty or cruelty on the part of the parents, rendering the children helpless and discarded. The Founders believe that a wholesome growth and development of a child does not depend upon only on the material needs to be satisfied such as food and shelter but verily depends upon the ambience of love and concern making a child feel needed. It is this conviction of the founders that prompted them to establish a 'Home' for homeless girl children - GOKUL. The role of the Foundation transcends beyond the help to the children and encompasses several other activities aimed at bringing a positive change in the social structure of the society. The areas such as health care, education, village sanitation, village restructuring, supporting people in distress in general and the young children in particular are the focused targets of the Foundation.

KANARA WELFARE TRUST, pioneer Institution of Uttar Kannada District has been working for the cause of education and social upliftment since 1953. Its main concern has been the emancipation of the poor and downtrodden people of the district. It has to its credit 45 Institutions – 3 Degree colleges, 1 College of Education, 7 Junior Colleges, 17 High Schools and other Social Service Institutions. Most of the Institutions are located in remote and rural areas of the district. The total student strength across all the Institutions is more than 11,000. The Trust has been conducting various meaningful experiments in the field of the rural development for nearly six decades. Being rooted in the rural background of Uttar Kannada District, the Trust balances the aspirations of the rural people and the modern requirements.

A WORD FROM THE FOUNDING FATHERS – HOW DID IT ALL START?

Kruger Foundation for Child Aid started its activities in 1989 with the starting of a children's home in Karwar which took in 16 abandoned girl children. It has since been nurturing these young buds with love, care and affection. The Foundation has been running a Mobile Health Care Van equipped with a doctor, nurse and medical equipment at Joida Taluka of Uttar Kannada District since the last six years. The mobile unit with a qualified doctor and an attendant travels to the different forest villages of the taluka on specified days of the week and medicines & health supplements are dispensed free of cost to the patients.

Along with its other activities, Kruger Foundation works hand-in-hand with Kanara Welfare Trust to implement several projects in the forest district of Uttar Kannada in the fields of education, rural health care, social empowerment, etc. One of the projects, 'Change Makers for a Better Tomorrow' focuses on developing positively oriented mindsets in teenage children. The Foundation has also been financially supporting 1500 young scholars of the district who otherwise would have been deprived of education due to lack of funds. Every year, it brings together the student community of the district to participate in a series of events wherein eminent speakers are invited to address the youth who are mainly from the rural area. This is an occasion where the younger elements have a chance of receiving proper messages from those who are guiding the destiny of the country in an efficient and meaningful way. The Foundation also helps individual cases of people suffering from disabilities / diseases, etc. by providing them with financial assistance for treatment and medication.

An interview of the founders of the organization – namely Mr. Christian Kruger from Switzerland and Shri S.P.Kamat was taken at Kumta on 15th November 2014 at the time of the medical camp. The interview was conducted by Ms. Vasanthi Hariprakash, independent journalist & media trainer from Bangalore. Mr. Rakesh B. was behind the camera. We produce herewith some excerpts from this interview.



How did the Foundation and its activities start and are there any challenges?



My brother, Madhav Kamat, Christian Kruger and me started this Foundation in India in 1989. We have our own children's home called Gokul in Karwar where we have created an ambience where children can grow up in an ambience of a home and not an ambience of an Institution or an orphanage. Simultaneously, with that idea, we also thought that children outside the Gokul area also need help. I also head another Institution – Kanara Welfare Trust. We have schools and colleges all over the district and most of them are in the villages. We thought that our education centres should become the focal point for the social change in the environment around. Our schools, our teachers and students should become instrumental in bringing about this change.

One of the elements of this change was to provide medical aid to the people in need. Education and provision of medical aid are the two areas that we want to focus on. In the villages of Uttar Kannada, hardly any meaningful medical aid is available. That's how this idea of holding the medical camps in different rural places originated.

There have been challenges. Problems are many, things to do are many. But we have our own limitations. I may be having long miles to go ahead but I have my own strength. That is the only constraint. Otherwise, given a total freedom from one's own personal restrictions, we could have gone much much more in a larger way. But we have to do things with our own available resources and limitations. One of the biggest challenges is manpower. In any such endeavours the manpower is the most difficult aspect. Fortunately for me, I have a very good outfit in Kanara Welfare Trust. It has not much to do with Kruger Foundation but Kruger Foundation has become an integral part of the Trust nowadays. Our people there are trying to become part of this whole exercise, a challenge, an adventure in service. That helps me to organize the things. For example, this camp; it is so difficult for ordinary people to organize a camp of this nature. Now I have my school here, my staff & teachers and my staff from the Trust itself. They all organize and logistics are worked out so perfectly and beautifully; hardly there is any scope for any missing points. That kind of a thing I am privileged to have and that gives me probably a better platform to conceive ideas, put them across our staff and friends and gain their inputs. This is how the whole process has been happening.

Everything which is what it is today is essentially because of Mr. Kruger. We don't take help from any other quarters or from the Government. We don't seek any donations or any help from anybody. If somebody wants to participate they are welcome to participate and not to give from that point of view. That factor gives us a lot more freedom and we don't have constraints or restraints of any nature.

When was the first time you landed in this country of ours and how did the meeting with the Kamats happen?



Well, it's a long time back. It's been 42 years that I have been coming to India. Though I can't recall the exact date, it was in February 1972. My father encouraged me to come to India where he had a friend who visited Switzerland in the 1950s. When I came to India the first time, though things were very different then, I felt always at home here. I always had a good feeling so I repeated coming here, some 100 and odd times in 42 years. The first meeting with one of the Kamat brothers is an interesting story. In those days, I would fly down to Bangalore on my way to a place called B.R.Hills. In Bangalore I was asked to visit an industrial exhibition. I dropped my card there and Mr. Madhav Kamat came to see me at my hotel. You meet people in your lifetime and you lose them again. Probably we exchanged one letter and that was it.

A year later in 1973, I came to India again as I was coming every year to stay one month in the South Indian mountains. I met Mr. Madhav Kamat at Bombay Airport. He was leaving for the States and I was coming to spend my one month in the mountains. I mean, what a big chance, coming to India, meeting at the airport, literally walking into each other. We had dinner together. The next morning I would fly to Bangalore and he would fly to the States. This was the second time. Again we lost contact. A year later, back in 1974, I wanted to make a visit to Goa. But the plane had a technical snag and I didn't want to fly on it. I changed my destination and ticket to Bombay. The plane had some 300 people on board and I had one of the front seats. I sat at the window. A gentleman came, tapped on my shoulder and said, "Sir, this is my seat". It was Mr. Madhav Kamat again. Three times in succession I met him. A little later he started business abroad and I helped him. We met quite often. I was helping Dr. Sudarshan and others in B.R.Hills, helping the Soliga tribes. I carried medicines every year. I helped the children up there in education. There were some organizations where I would give some donations. Mr. Madhav and his brother Shreedhar Kamat, we sat together and suggested that let's create a children's home of our own. And that's how Gokul came into existence. We needed permission from the Indian Government to run a Foundation and it took some time. One fine day in 1989, we started with 3-4 children. Those were my actual first impressions about India and how my friendship with the Kamats has grown over many many years.

Clearly there was serendipity at work as if your friendship was meant for larger things. When you look back, when you come every time and see the kind of work that's been going on which is making a lot of difference to so many lives, what kind of satisfaction do you carry back home?



Well, seeing the children, especially in Gokul, who grew up and got married now – that makes me happy. I personally derived a lot of happiness from that. You don't derive happiness from possessions, by homes, by cars. It's good to have them, you need certain things. But happiness doesn't come from there. We are too much focussed on material things and too little on human values. I must say, whenever there were life's ups and downs, whenever there were little downs, I always started some new things to make me happy. Most of my happiness came from helping other people.

For a moment if you think that the India connection did not happen in your life, how would you visualize your life back in Switzerland?



I can't imagine that. I probably would have found another source. It was really meant to happen. My father was very interested in Indian spirituality that actually in a way brought me here. Maybe, I would have gone to South America or somewhere else but I certainly would have followed the path in helping other people. Somehow that's in my life. Everybody has a life journey and we do what we can do best.

For those who visit India and have similar inclinations but who may not have similar opportunities, is there a community of people who have learnt from your India experiences. Have you been able to share them with your own people back home or in other parts of the world?



Yes. I'm trying to share without advocating it going around like a missionary saying – you do this, you do that. You do it mainly for yourself. And if you set an example or what people call an example and people follow you, I think that's beautiful. That's where we all should go ahead. Twice, I took my company people and some friends along. Each time a group of 20-24 people from Switzerland. We stayed one week in India, we visited Gokul, we went to see one old-age home in Mumbai, we went to see some work of Mother Theresa, and other institutions. It certainly has impressed my company people quite a bit.

They have no objection that I spend a big deal of my pocket money on things I do in India. On social work, I have encouraged some other people to do similar things. Some people say – Ok, you have money and you do it in India. But it doesn't matter where you do something; the main thing is that you do something. There are a lot of things you can do. It's like the system of the boy-scout thing. Every day, you do a good deed. Our own happiness comes from helping others.



WHAT IS THE CHANGE MAKERS PROJECT?

The world is witnessing a phenomenon not conducive for the Nature's evolutionary purpose and process. It is said that the Nature guides and directs the evolution till the advent of Man, and, thereafter, it is the Man who predominantly influences the course of destiny and evolution. Unfortunately, the Man does not seem to have realized his role in the context of human evolution and more so in the present times. He seems to have alienated himself from the wider context in which he is expected to play his role. He has narrowed himself down to his individualistic self, focusing his attention on the "self" alone. Even this focusing is not in an appropriate manner where the growth becomes a propelling factor for general growth of the mankind.

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 impending gloom like global warming, thinning of ozone layers, the concentration of carbon dioxide and carbon monoxide in the atmospheric layers, the lowering of the water table in the geological strata, the depletion of the available energy sources, etc. are not being preserved as threat to the life itself on this planet. On the whole, the scenario makes an ostensible negative presentation. The Man tends to preoccupy himself in trying to only talk about these phenomena at an intellectual level and not making a serious attempt to address the real problem.

EFFECTS

The above scenario has given rise for the visible maladies observed in the social structure today such as:-

1. Absence of awareness about one's **own role in life.**
2. Absence of awareness about one's **own potentialities.**
3. Absence of **purpose in life.**
4. Absence of **positive approach to life.**
5. Absence of **capacity to dream and strive towards its fulfillment.**
6. Absence of **concern and selfless love towards the Nature and its constituents including the environment, the animal world and the human world.**
7. Absence of **curiosity about the Life and the Nature.**
8. Absence of **involvement and commitment towards positive activities.**

These are only a few examples and not an exhaustive list.

TOWARDS THE CORRECTIVE STEPS

How do we change the scenario? 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. This is the stage of intervention at the inflection point.

Of course, there have been continuous attempts in this direction by well meaning people, and, one witnesses this attempt throughout the course of history. The evolutionary process is not and has never been a linear one. Undulations are prominent, and, a reality. During the downward trend of the process, the history has witnessed the advent of great souls to intervene and change the course towards upward direction. The Nature has its own mechanism of correcting embellishments essentially through provoking a conducive thought process in the human being himself. If man can make a positive effort to supplement the Nature's inbuilt mechanism, the acceleration towards the upward trend would be easily gained.

In this background, an attempt to create a small group of young boys and girls was envisaged who could be oriented to become change makers for the world tomorrow. The emphasis would be to create authentic personalities fully and properly empowered with the latent ability harnessed and explored for creating a positive impact on the world around them and help them to grow with their own natural propensities, emerging as the natural leaders, in their own right, to lead and show direction to others to follow.

This 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 13-17. The target group was chosen from the student community studying in the 8th standard in the Secondary level of Education. The candidates were selected from schools spanning the entire length and breadth of the Uttar Kannada District. This target group is aptly called **CHANGE MAKERS FOR A BETTER TOMORROW.**

FOCUS OF THE PROJECT

The Focus would be bringing about a qualitative and an authentic change in these young minds and prepare them to take up and accept the challenges and 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 and the Mother Earth.

The focused objective will be attempted to be achieved through a programme aimed at periodical training sessions on the appropriate subjects. The training would have, among others, the following salient features,

- i) It will be in an informal and intimate ambience.
- ii) An atmosphere of oneness like in a family will be the main feature of this ambience.
- iii) The transmission of the thoughts would be interactive.
- iv) The attempt would be made to explore and strengthen the natural and positive abilities of the members including their innate skills and strengths.
- v) Inculcate a deeper sense of belonging and a feeling that the seed of change is within and that it can be sprouted.

These selected students are brought together every 3 months for special camps wherein they are imparted with thought-provoking and holistic training from various experts coming from different fields. Two batches (of 3 years each) of the project have already been completed. The third batch has been formed in 2013 and Orientation Retreats are being organized for them at various places in the district. This newsletter is an attempt to acquaint the readers with the activities of each camp.

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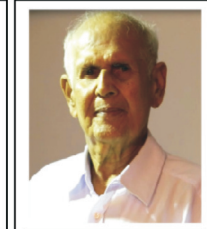
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Rajashri Naik



Raksha Hosmane



Ranjita Naik



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Shivani Shetti



Shweta Ram



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Suchiket Gaonkar



Sudha Lingam



Sushmita Kharvi



Swati Hegde



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Vibha Bhat



Vinayak Naik



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CHANGE MAKERS FOR A BETTER TOMORROW-III

A joint initiative of
Kruger Foundation for Child Aid, Karwar
and Kanara Welfare Trust, Ankola