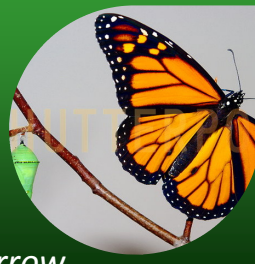


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Pārivārtān

Newsletter of Change Makers For A Better Tomorrow



A joint initiative of



Foundation for Child Aid

&



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CHANGE MAKERS FOR A BETTER TOMORROW / ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಾಕಾರರು

Sixth Orientation Retreat for
Members of the Third Batch

7th to 9th March 2015

Venue: Snehasagar English Medium
Residential School, Idagundi, Yellapur

**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:

*This life is only a part of our
journey. From Man to Superman,
from Man to Divinity is our journey
in the ultimate sense.*

- S.P.Kamat

THE SIXTH CAMP AT SNEHASAGAR RESIDENTIAL SCHOOL, IDAGUNDI

The sixth camp was held in the month of March. With the IX Std. final exams just a week away, it was the perfect foil to the boring days of studies and restlessness. Though some from the group couldn't make it, the majority of them were looking for just such an opportunity to get away from their books. The camps are always informative and educative and provide a pleasant change from regular classroom teaching. This time the venue was Snehasagar English Medium Residential School at Idagundi, some 12 kms. from Yellapur taluk.

The organizing team received the members at Idagundi bus-stop on the first day of the camp. They were then taken to the venue of the camp by a school bus. After finishing the registration formalities, the students were free for some time to take a look around the campus and observe the working of the residential school.

The school is located in a serene campus amidst the lush green forests of the Western Ghats. The staff at the Institution were friendly & helpful and it was a pleasure seeing their dedicated and devotion. The food too was nutritious and was served in a very clean environment. We found the students staying at the residential school to be disciplined and studious. The founder of the school, Shri Suresh L.Bhat has put in lot of efforts towards establishing a centre for learning in this forest area. He is ably supported by his team of directors and staff.



Boys and girls in the group were given separate accommodation in the campus hostel. The sessions were held in the school auditorium. We also utilized the traditional classrooms on a couple of occasions. Some of the school children also joined us for one or two sessions and we welcomed them heartily.

Presented by Team CMG

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THE FIRST DAY'S SESSIONS



Our 6th Orientation Retreat held at Snehasagar Residential School, Idagundi, Yellapur, was formally inaugurated by lighting the traditional lamp. The founder of the school, Shri Suresh Bhat and other dignitaries did the honours. Common Prayers were led by Sangeetha, Namrata, Sushmita, Shweta, Ankita & Komal. Sankalpa was recited by Prof. V.R.Vernekar



Shri Vishnu Naik conducted the first session and spoke on the topic "Poetry and Life"



Shri Pramod Hegde, Yellapur, delivered his talk on "Culture and Tradition"

ನಿರ್ದಿಷ್ಟ ಕಾರ್ಯಗಳಿಗೆ ಸಮಂಜಸವಾದ ಅಥವಾ ನಿರ್ದಿಷ್ಟವಾದ ನಿಯಮಗಳನ್ನಳವಡಿಸಿ, ನಿಯಮಕ್ಕನುಸಾರವಾಗಿ ಕಾರ್ಯ ರೂಪಕ್ಕೆ ತಂದು ಆಚರಿಸುವುದೇ ಸಂಸ್ಕೃತಿ. ಸಾಮಾನ್ಯ ವಸ್ತುವನ್ನು ಧನಾತ್ಮಕ ಗುಣಗಳನ್ನಳವಡಿಸಿ ಸರಿಯಾದ ನಿಯಮಗಳನ್ನು ಅದರ ಆಚಾರಣೆಯಲ್ಲಿ ತಂದು ಸಂಸ್ಕೃತಿಯೊಂದಿಗೆ ಸರಿದೂಗಿಸುವುದೇ ಸಂಸ್ಕಾರ. ಶ್ರೀ ಪ್ರಮೋದ ಹೆಗಡೆಯವರು ಇದನ್ನು ಉದಾಹರಣೆಗಳ ಜೊತೆಗೆ ಚೆನ್ನಾಗಿ ವಿವರಿಸಿದರು.



ನಿರ್ದಿಷ್ಟ ಕಾರ್ಯಗಳಿಗೆ ಸಮಂಜಸವಾದ ಅಥವಾ ನಿರ್ದಿಷ್ಟವಾದ ನಿಯಮಗಳನ್ನಳವಡಿಸಿ, ನಿಯಮಕ್ಕನುಸಾರವಾಗಿ ಕಾರ್ಯ ರೂಪಕ್ಕೆ ತಂದು ಆಚರಿಸುವುದೇ ಸಂಸ್ಕೃತಿ. ಸಾಮಾನ್ಯ ವಸ್ತುವನ್ನು ಧನಾತ್ಮಕ ಗುಣಗಳನ್ನಳವಡಿಸಿ ಸರಿಯಾದ ನಿಯಮಗಳನ್ನು ಅದರ ಆಚಾರಣೆಯಲ್ಲಿ ತಂದು ಸಂಸ್ಕೃತಿಯೊಂದಿಗೆ ಸರಿದೂಗಿಸುವುದೇ ಸಂಸ್ಕಾರ. ಶ್ರೀ ಪ್ರಮೋದ ಹೆಗಡೆಯವರು ಇದನ್ನು ಉದಾಹರಣೆಗಳ ಜೊತೆಗೆ ಚೆನ್ನಾಗಿ ವಿವರಿಸಿದರು.

– ತರುಣ, ಅರವಿಂದ, ಲೋಹಿತ, ಗಣೇಶ, ಕಿರಣ



Prof. V.R.Vernekar taught us the lesson, "Chemical Bond" which is a part of our school syllabus. He made it easy for us to understand the concept by presenting the subject through an audio-visual medium using the projector. We would like to request him to teach us the science chapters of 10th Standard in the forthcoming camps.

- Deepti, Namrata, Raksha, Shilpa, Shivani



Prof. V.R.Vernekar demonstrated "Chemical Bond" via audio-visual presentation



Prof. M.N.Hegde took a practical class on "Vedic Mathematics"

‘ವೇದ ಗಣಿತ’ ಎಂಬ ಪದ ಕೇಳಲು ಮಧುರವಾಗಿರುತ್ತದೆ. ಹಿಂದಿನ ಕಾಲದಲ್ಲಿಯೇ ಗ್ರಹ, ನಕ್ಷತ್ರಗಳ ಚಲನೆಯನ್ನು ಲೆಕ್ಕಾಚಾರ ಮಾಡಿ ನಿರ್ದಿಷ್ಟ ಸಮಯವನ್ನು ತಿಳಿಸುವ ಒಂದು ಪದ್ಧತಿ ಇತ್ತು ಅಂತಹ ಲೆಕ್ಕಾಚಾರವನ್ನು ಒಬ್ಬರ ಮಾತು, ಅವರ ಅನುಭವಗಳಿಂದ ತಿಳಿಯುವುದು ಅತಿಸೂಕ್ತ. ‘ಶಂಖದಿಂದಲೇ ಬಂದರೆ ತೀರ್ಥ’ ಎನ್ನುವುದು ಮೊದಲಿನವರ ಮಾತು. ಅದರಿಂದಲೇ ಗುರುವಿನಿಂದ ಬಂದರೆ ಅದೇ ಅದ್ಭುತ ಶಿಕ್ಷಣವಾಗಿರುತ್ತದೆ. ಗಣಿತದ ಮೂಲ ಕ್ರಿಯೆಯ ಅತಿ ಸುಲಭ ವಿಧಾನ ನಾವೆಲ್ಲ ತಿಳಿದುಕೊಂಡೆವು.

– ಸಿದ್ದಿವಿನಾಯಕ, ಗುರುಮೂರ್ತಿ, ವಿಕಾಸ, ಸಂದೀಪ, ವಿನೀತ



The first day of the orientation retreat concluded with the Chairman’s Session. Kamat Sir took us to a new world. The discussions we had about space, time and the cosmos were incredible. It would be very difficult to explain them in mere words. One had to experience them personally. However, the images keep lingering in our minds for days together.

ನಮ್ಮ 6ನೇ ಕ್ಯಾಂಪಿನಲ್ಲಿ ಶ್ರೀ ಎಸ್.ಪಿ.ಕಾಮತ ಸರ್ ಅವರು ನಮ್ಮ ಗುರಿ ಮನುಷ್ಯತ್ವದಿಂದ ದೈವತ್ವದಡೆಗೆ ಸಾಗಬೇಕು, “ನರಸೇ-ನಾರಾಯಣ” ಎಂಬುದು ನಮ್ಮ ಧ್ಯೇಯವಾಕ್ಯವಾಗಬೇಕು ಎಂಬ ಮಾತಿನಿಂದ ನಮ್ಮ ಮನಸ್ಸಿನಲ್ಲಿ ಒಂದು ಹೊಸ ಬೀಜ ಬಿತ್ತಿರುವರು. ಪರಿವರ್ತನಾಕಾರರಾದ ನಾವು ದೈವತ್ವವನ್ನು ಹೊಂದುವ ಗುರಿಯನ್ನು ಬಿಂಡಿತವಾಗಿಯೂ ಮೈಗೂಡಿಸಿ-ಕೊಳ್ಳುತ್ತೇವೆ. “ಶಿವೋಹಂ ಶಿವೋಹಂ ಶಿವಾ ಸ್ವರೂಪಂ”

– ದೀಕ್ಷಾ, ಸುಧಾ, ನಾಗಲಕ್ಷ್ಮಿ, ಅಕ್ಷತಾ,
ದೀಪಿಕಾ, ರಂಜಿತಾ, ಪೂಜಾ



We had dinner together with the students of the residential school. A prayer was recited in praise of Goddess Annapoorneshwari before the partaking of food. The food was simple but nutritious. A sweet dish was also served. The arrangement was meticulous and not a morsel of food was wasted by anyone. After supper, we wrote our daily diary and retired for the night. The next day promised a beautiful weather for trekking in the local forest.

THE SECOND DAY



We had the most memorable and beautiful experience while trekking with Kamat Sir. It was an extraordinary experience being amidst Mother Nature and looking at her small wonders. Some magical events keep happening in the forest without being noticed by the outside world. As we stepped foot inside, we could hear the buzzing of the bees and chirping of the birds which compelled us to relieve ourselves of the small tensions we had. This time, we also had the wonderful opportunity to hear some mesmerising Himalayan experiences of our beloved Chairman, Kamat Sir and his friend, Mr. Kruger. While he was narrating his experiences, we actually were taken into the Himalayan abode of Lord Shiva. Kamat Sir has promised to take all of us to see the Himalayas. Hope this promise comes true very soon.

- Ankitha, Chinmayi, Komal, Rashmi, Sangeetha, Shweta



Shri Nagapati Hegde explained the importance of "Financial Discipline"

ಹುಟ್ಟಿದಾಗ ಮಗು ಅಳುತ್ತದೆ. ಸತ್ತಾಗ ಜನ ಅಳುತ್ತಾರೆ, ಈ 2 ಅಳುವಿನ ನಡುವೆ ನಗು ಹುಡುಕುವುದೇ ಜೀವನ. ಹುಟ್ಟಿದಾಗ ಚಿಂತೆಯೊಡನೆ ಬರುತ್ತೇವೆ. ಸತ್ತಾಗ ಚಿಂತೆಯೇರಿ ಹೋಗುತ್ತೇವೆ. ಚಿಂತೆ ಮತ್ತು ಚಿಂತೆಯ ನಡುವೆ ಚಿಂತನೆ ಮಾಡುವುದು ಜೀವನ. ಈ ಜೀವನದಲ್ಲಿ ಹಣದ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಶ್ರೀ ನಾಗಪತಿ ಹೆಗಡೆ ಸರ್ ಅವರು ಅತಿ ಸುಂದರವಾಗಿ ವರ್ಣಿಸಿದ್ದಾರೆ. ಹಣ, ನಿರ್ವಹಣೆ, ಗಳಿಕೆ, ಉಳಿಕೆ, ಸಾಲ ಎಂಬ ವಿಷಯವನ್ನು ವರ್ಣಿಸಿದರು. ಕೂತು ಉಂಡರೆ, ಕುಡಿಕೆ ಹೊನ್ನು ಸಾಲದು, ಎಂದರೆ ಉದ್ಯೋಗ ಮಾಡಬೇಕು, ಉದ್ಯೋಗದಲ್ಲಿ ಕೀಳರಿಮೆ ಇರಬಾರದು. ನೀರಿಗೆ ಇಳಿವ ಮುಂಚೆಯೇ ಆಳ ನೋಡಬೇಕು. ಇಳಿದ ನಂತರ ಆಳ ಇದೆ ಎಂದರೆ ಪ್ರಯೋಜನವಿಲ್ಲ. ಅಂದರೆ ಲಾಭಕ್ಕೆ ಹೆಚ್ಚು ಬೆಲೆ ಕೊಡದೆ ಸುರಕ್ಷತೆಗೆ ಹೆಚ್ಚಿನ ಮಾನ್ಯತೆ ಕೊಡಬೇಕು. ಸಾಲವೇ ಶೂಲ, ಸಾಲ ಮಾಡಿದರೆ ಶೂಲವಾಗಿ ಪರಿಣಮಿಸಲು ಕೊಡಬಾರದು ಅದರಲ್ಲಿ ನಂಬಿಕೆ ಇಟ್ಟುಕೊಳ್ಳುವುದು ಮುಖ್ಯ. ಒಟ್ಟಿನಲ್ಲಿ ಹೇಳುವುದಾದರೆ, ದುಡ್ಡೇ ಎಲ್ಲ ಅಲ್ಲ. ಆದರೆ ಆರ್ಥಿಕ ಪರಿಸ್ಥಿತಿ ಅನುಕೂಲಕ್ಕೆ ಹಣಬೇಕು. ಅದರ ಸದುಪಯೋಗ ಮಾಡಿಕೊಳ್ಳಬೇಕು ಎಂದರು.

- ಸಂದೀಪ ಜಿ. ಭಂಡಾರಿ



Later in the morning, during the short break for refreshment, Prof. G.V. Bhat, Trustee of Kanara Welfare Trust, paid us an unexpected visit. He talked to us very enthusiastically. Prof. G.V. Bhat spoke with pride, lauding the efforts of Shri Suresh Bhat, founder of Snehasagar School, who was his student in Divekar College of Commerce, Karwar. The love and affection which this teacher-student duo possessed for each other was very evident. Prof. G.V. Bhat's speech was very motivating. It was the way he spoke which was very encouraging. We would love to meet and hear him again at our future camps.



Dr. Dattatraya Gaonkar addressed us on the subject of Imbibing Art

ಕಲೆ ಎಂದರೆ ಜೀವನದ ಅನುಭವದ ಅಭಿವ್ಯಕ್ತಿ. ಕಲೆಯಲ್ಲಿ ನೂರಾರು ವಿಧಗಳಿವೆ. ಕಲೆಯನ್ನು ಆಸ್ವಾಧಿಸುವ ಗುಣ, ತನ್ಮಯತೆ ನಮ್ಮಲ್ಲಿರಬೇಕು. ಆಗ ಅದರ ಪ್ರಭಾವ ನಮ್ಮ ಮೇಲೆ ಆಗುತ್ತದೆ. ಡಾ. ದತ್ತಾತ್ರಯ ಗಾಂವಕರ ಅವರು ಕಲಾ ಸ್ವಾಧಾನೆ ಎಂಬ ವಿಷಯದ ಬಗ್ಗೆ ಡಿ.ವಿ.ಜಿ., ಜಿ.ಪಿ.ರಾಜರತ್ನಂ, ಕುವೆಂಪು, ದ.ರಾ.ಬೇಂದ್ರೆ ಅವರ ಕವಿತೆಗಳನ್ನು ಉದಾಹರಣೆಯಾಗಿ ಕೊಟ್ಟು ಕಲೆ ಎಂದರೇನು, ಅದನ್ನು ಆಸ್ವಾಧಿಸುವ ಬಗೆ ಹೇಗೆ, ಯಾವ ರೀತಿ ಆಸ್ವಾಧಾನೆ ಒಳ್ಳೆಯದು ಎಂಬುದನ್ನು ತಿಳಿಸಿದ್ದಾರೆ. ನಾವೆಲ್ಲ ಮಂತ್ರ ಮುಗ್ಧರಾಗಿ ಆಸ್ವಾಧಿಸುವಂತೆ ಮಾಡಿದ್ದಾರೆ. ಹೃದಯದ ಆಳಕ್ಕೆ ಇಳಿಯುವಂತೆ ವಿಷಯವನ್ನು ತಿಳಿಸಿಕೊಟ್ಟಿದ್ದಾರೆ.

– ಸ್ವಾತಿ, ವಿಭಾ, ಇಂದ್ರಾಬಾಯಿ, ಕಾವ್ಯ, ದೀಪ್ತಿ



Shri S.P.Kamat had something to say about Life

This life is only a part of my journey. My journey is a very long journey. From Man to Superman, from Man to Divinity is my journey in the ultimate sense. This is only a part of my life. My life is not going to end with this body. The goal which I have in mind may not be possible to be completed in this life. But my life is not only one life. Therefore, what I would like to tell my young children here to get themselves oriented. There is something which is the highest peak and that peak can be reached. It may or may not be at this point, but the seed of that goal has to be planted in yourself. You never know at what point of time it may get blossomed, but the seed has to be sown. That seed of Superman, the Divine Man, the Godliness itself, that has to be planted now. Unless somebody tells you or somebody gives you that 'prerana' (inspiration) to implant that in your consciousness, you never have an idea that you can be That. Plant that seed at any given point of time. Plant that seed of becoming Divine.

ಪ್ರೇರಣೆ ಎಂಬುದು ಸಹಜ ಕ್ರಿಯೆ. ಕ್ಷಣಾರ್ಧದಲ್ಲಿ ಇನ್ನೊಂದು ವಸ್ತುವಿನಿಂದ ಅಥವಾ ಇನ್ನೊಬ್ಬರಿಂದ ಪ್ರೇರಣೆ ಹೊಂದುತ್ತೇವೆ. ಪ್ರೇರಣೆ ಮತ್ತು ಪ್ರೇರಿತನ ಆಯ್ಕೆ ಇಚ್ಛೆ ಮುಂತಾದವುಗಳು ಹೊಂದಿಕೆಯಾದರೆ ಕ್ಷಣಮಾತ್ರದಲ್ಲಿ ಪ್ರೇರಣೆ ಉಂಟಾಗಬಹುದು. ನಮ್ಮೆದುರಿಗೆ ಹಲವು ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಸಾಧನೆ ಮಾಡಿದ ಅನೇಕ ಮಹನೀಯರಿದ್ದಾರೆ. ಅವರಂತೆಯೇ ನಾವು ಕೂಡಾ ಮಹತ್ತರವಾದ ಗುರಿಯನ್ನು ತಲುಪುವ ನಿರಂತರ ಪ್ರಯತ್ನ ಮಾಡಬೇಕು. ಕೆಲವು ಬಾರಿ ನಮ್ಮ ಜೀವನದಲ್ಲಿ ತಾತ್ಕಾಲಿಕ ಬಯಕೆಗಳು ಉದ್ಭವಿಸುತ್ತವೆ. ಅವು ನಮ್ಮ ಜೀವನಕ್ಕೆ ಯಶಸ್ಸನ್ನು ತಂದುಕೊಡುವುದಿಲ್ಲ. ನಮ್ಮ ಸಾಮರ್ಥ್ಯಕ್ಕೆ ಅನುಗುಣವಾಗಿ ಜೀವನದಲ್ಲಿ ಗುರಿಯನ್ನು ಹೊಂದಿರಬೇಕು. ಅದನ್ನು ಸಾಕಾರಗೊಳಿಸಲು ನಿರಂತರ ಕ್ರಿಯಾಶೀಲತೆ, ಅಧ್ಯಯನ-ಅಧ್ಯಾಪನ, ಪ್ರಯತ್ನ ಅತ್ಯಗತ್ಯ. ಈ ವಿಷಯಗಳನ್ನು ಕಡಿಮೆ ಅವಧಿಯಲ್ಲಿ ನಮಗೆ ತಿಳಿಸಿಕೊಟ್ಟವರು ಶ್ರೀ ಎಸ್.ಎಲ್.ಭಟ್ಟ.



Shri Suresh L Bhat talked to us about "Motivation"

“ಹಳೆಬೇರು ಹೊಸಚಿಗುರು ಕೂಡಿರಲು ಮರ ಸೊಬಗು” ಎಂಬುವುದು ನಿತ್ಯ ನೂತನ ಸತ್ಯವಾಗಿದೆ. ನಮ್ಮಲ್ಲಿರುವ ಪ್ರತಿಭೆಗೆ ಜ್ಞಾನಕ್ಕೆ ಪ್ರೇರಣೆ ಎನ್ನುವ ಹೊಸ ಚಿಗುರು ಕೂಡಿದಾಗ ನಮ್ಮ ಜೀವನದ ಗುರಿ ಸಾರ್ಥಕತೆಯನ್ನು ಕಂಡುಕೊಳ್ಳುತ್ತದೆ. ಈ ಪ್ರೇರಣೆ ಕುರಿತು ತಿಳಿಸಿದ ಶ್ರೀ ಎಸ್.ಎಲ್.ಭಟ್ಟ ಅವರು ಹಲವರಿಗೆ ಪ್ರೇರಣೆಯಾಗಿರಬಹುದು. ಈ ಪ್ರೇರಣೆ ಎಂಬ ವಿಷಯ ನಮಗೊಂದು ಪ್ರೇರಣೆಯೇ ಸರಿ.

– ಮಾನಸ, ವೈಭವಿ, ಹರ್ಷಿತಾ, ರಾಧಿಕಾ, ಸುಷ್ಮಿತಾ, ಮಂಜುಳಾ, ದಿವ್ಯಾ



Shri Vinod Hedge guided us on “How to face Exams with confidence”

How to face exams with confidence ಎಂಬ ವಿಷಯ ನಮಗೆ ಅತಿ ಇಷ್ಟವಾಯಿತು. ಇದಕ್ಕೆ ನಾವೆಲ್ಲ ಚಿರಋಣಿ. ಮುಂದಿನ ವರ್ಷ ನಾವು 10ನೇ ತರಗತಿಯನ್ನು ಪ್ರವೇಶಿಸುವೇವು. ಇದು ವಿದ್ಯಾರ್ಥಿ ಜೀವನದ ಅತಿ ಅಮೂಲ್ಯ ಘಟ್ಟ. ಆದ ಕಾರಣ ಮುಂದಿನ ಕ್ಯಾಂಪಿನಲ್ಲಿ 10ನೇ ತರಗತಿಗೆ ಸಂಬಂಧಿಸಿದ ಹಾಗೂ ಪೂರಕವಾದ ವಿಜ್ಞಾನ ಮತ್ತು ಗಣಿತ ವಿಷಯದ ಬಗ್ಗೆ ಅವಧಿ ಇಡಿ ಎಂಬುದು ನಮ್ಮೆಲ್ಲರ ಸಲಹೆ-ಸೂಚನೆ.

– ಗುರುಮೂರ್ತಿ, ವಿಕಾಸ, ಸಂದೀಪ, ವಿನೀತ

Note from the organizing team: Exams are a crucial aspect in a student's career. However, anxiety & other factors spoil this experience which a student should normally enjoy in his/her academic career. As the change makers now enter their 10th Std., future camps will have some sessions addressing this issue. Tips on preparing for examinations, special coaching on core subjects, importance of meditation, etc. will be the crux of these special sessions.



Dr. B.H.Nayak on Yoga, Meditation & Exercise



“A sound mind in a sound body” beautifully explains the significance of maintaining good health. Dr. B.H.Nayak, Principal of Gokhale Centenary College, Ankola, guided us on meditation and yoga techniques. He also made us do some physical exercises like jogging, etc. He explained the importance of each exercise and the benefits to be derived from them.



Chairman's session in the evening was a mixture of many things. Meditation, questions, answers and interactions were part of the activities. Though it was raining heavily outside with the occasional thunder, it didn't dampen our enthusiasm one bit. Kamat Sir had brought sweets and chocolates for us which were distributed among the gathering.

BEHIND THE SCENES

Kruger Foundation for Child Aid, based in Karwar, on the west coast of India, envisages a role for itself in helping children in distress & need. 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. Areas such as health care, education, village sanitation, village restructuring, supporting people in distress in general and 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. The Trust has to its credit 45 Institutions – schools & colleges, most of them located in remote and rural areas of the district. Its main concern has been the emancipation of the poor and downtrodden people of the district. 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.

Kruger Foundation, Karwar, and the Kanara Welfare Trust, Ankola, have been working hand-in-hand 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.

After a filtering process consisting of many rounds, a group of 60 members were selected to comprise the present batch. This batch of young boys and girls in the age group of 13-14 are brought together every 3 months for special camps wherein they are imparted with thought-provoking sessions by holistic experts from various fields. The camps are held at various places in the district which are as close to nature as possible. The only criteria being that the locations should be secluded from common walks of life but having access to hygienic accommodation and sanitation facilities.

The camp sites are finalized in consultation with the Chairman. The organizing team from the Trust Office visits these places beforehand and arranges for securing the required facilities for the duration of the camp. A letter intimating the dates and venue of the camp is sent to each individual member. Resource persons are approached personally and requested to address the group on a subject of their choice and expertise. A schedule of the camp with individual sessions and timings is prepared, which is given to all the participants at the time of registration.

The organizers make it a point to be present at the pick-up station well before the scheduled time given to the participants. Transportation facility is arranged wherever required. On arrival, participants are escorted to the venue and after completion of registration formalities, activities of the camp formally commence. Regular breaks are included in the schedule so as to break the monotony and enable the members to get refreshed. A physical activity session in the form of yoga or trekking is incorporated in each camp. Only pure vegetarian fare is served for meals & refreshment. Packaged distilled water is used for drinking & cooking meals.

Accommodation with adequate sanitary facilities is arranged separately for boys & girls. First aid kits, common medicines, torches, etc. form the compulsory accompaniment to the organizing gear. The children are required to bring their own bedclothes, necessary clothing, etc. A set of stainless steel items consisting of dinner plates, tumblers, cups, spoons, etc. were issued to each member which they are required to carry for the camp. The participants of the camp are expected to follow proper decorum and discipline at every camp. Use of mobile phones is limited to a short while after the end of each day's activities.

After completion of the camp, the students have to submit a feedback form wherein they can write their suggestions & opinions. These observations are duly noted by the organizing team and incorporated in the forthcoming camps. To & fro journey fare incurred by the participants to attend each camp is reimbursed on the last day. The change makers are entitled to a special incentive amount of Rs.500/- each month for the duration of the batch provided they attend the camps regularly. This amount is credited online to their individual bank accounts on a quarterly basis.

At the end of each camp, the participants are dropped to the nearest central bus-station from where they can resume their homeward journey. After the camp is over, the individual session report, feedback and photographs are compiled in the form of this newsletter and distributed to the change maker students at the next camp.

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ENTERTAINMENT SESSION



The last phase of the camp, entertainment session was compered by Ankita & Shweta. Sangeetha narrated some stories. Rashmi gave a dance performance. Vaibhavi and group presented a skit. Aditya talked about the advantages of mobiles. Shilpa & Chinmayi recited songs. Lohit and team enacted a comedy skit. Tarun narrated some anecdotes. Sandeep presented a short 'Yakshagana' (details below) dance.



Yakshagana is a theatre form found in the coastal and Malenadu region of Karnataka that combines dance, music, dialogue, costume, make-up, and stage techniques with a unique style and form. *Yakshagana* literally means the song (*gana*) of the *yaksha*, (*nature spirits*). A typical Yakshagana performance consists of background music played by a group of musicians (known as the *himmela*); and a dance and dialog group (known as the *mummela*), who together enact poetic epics onstage. The actors wear resplendent costumes, head-dresses, and face paints.

A performance usually depicts a story from the "Kavya" (epic poems) and the "Puranas" (ancient Hindu texts). It consists of a story teller (the *bhagvatha*) who narrates the story by singing (which includes prepared character dialogues) as the actors dance to the music, portraying elements of the story as it is being narrated. All components of Yakshagana—including the music, the dance, and the dialogue are improvised. Yakshagana is popular in the districts of Uttara Kannada, Udupi, Dakshina Kannada, Shimoga and Kasaragod.

One of the members of the Change Makers Group, Sandeep Bhandari, has been learning Yakshagana for quite some time now. Sandeep is a student of KWT's S.K.P.High School, Katgal. He was inspired by his Headmaster, Shri Ishwar Hebbar, who is a trained Yakshagana artiste himself, to enrol for the training. Sandeep has exhibited his talent in some of the performances conducted by his group within the district and elsewhere in the state.

