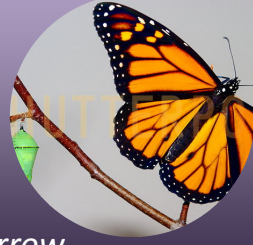


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Pārivārtān

Newsletter of Change Makers For A Better Tomorrow



A joint initiative of



Foundation for Child Aid



&



Vol- I | Issue – 07 | April – September 2015

CHANGE MAKERS FOR A BETTER TOMORROW / ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಾಕಾರರು

Seventh Orientation Retreat for
Members of the Third Batch

17th to 19th July 2015

Venue: Gokhale Centenary College,
Ankola, Uttar Kannada

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:

If you change the way you look at things, the things you look at will change.

- Anonymous

THE SEVENTH CAMP AT GOKHALE CENTENARY COLLEGE, ANKOLA

The seventh camp was held in the month of July. The venue was KWT's Gokhale Centenary College, Ankola.

Amid light showers, the members of the Change Makers Group entered the camp premises. This was the second time this group was walking into this serene campus. The first camp which was the induction camp was held here in October 2013.

Gokhale Centenary College is the flagship Institution of Kanara Welfare Trust. The main office of the Trust is located here. The College which has a delightful and green campus looked even more vibrant in the July rain.

The sessions were arranged in the audio-visual room of the College. Meals and refreshments were served in the adjacent UGC Hall. Accommodation arrangements for the members of the group were made at the nearby Shree Kundodhari Temple guest-house, which was a short trek away from the camp venue.

Some of the sessions of the 3-day orientation retreat dealt with topics which were academically useful to the students who were now in the X Standard. A motivational session with some creative activities was held on the second day.



Presented by Team CMG

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THE FIRST DAY'S SESSIONS



After the registration formalities were completed the camp was formally inaugurated by lighting the traditional lamp. Sankalpa was recited by Prof. M.S.Habhu. General instructions were given by Shri K.V.Shetti.

“ಜೀವಕ್ಕೊಂದು ರೂಪ, ರೂಪಕ್ಕೊಂದು ಹೆಸರು, ಹೆಸರಿಗೊಂದು ವ್ಯಕ್ತಿತ್ವ, ವ್ಯಕ್ತಿತ್ವಕ್ಕೊಂದು ಬದುಕು, ಬದುಕಿಗೊಂದು ಸಾರ್ಥಕತೆ” ಪಡೆಯುವುದು ಮಾನವನಾಗಿ ಹುಟ್ಟಿದ ನಮ್ಮೆಲ್ಲರ ಆದ್ಯ ಕರ್ತವ್ಯ. ನಿನ್ನೆ ಏನು, ಇಂದು ಏನು, ನಾಳೆ ಏನು ಎಂಬ ಗೋಜು ಸಂಕಟದಲ್ಲಿ ಮುಳುಗಿರುವವರು ಯಂತ್ರಪ್ರಿಯ ಮಾನವರು, ಒಂದಿಷ್ಟು ಹಣ ಸಂಪಾದಿಸಬೇಕು, ಮೂರು ತಲೆಮಾರಿಗೆ ಬರುವಮಟ್ಟಿಗೆ ಆಗಿ ಸಂಪಾದಿಸಬೇಕು ಎಂಬುವುದೇ ಗುರಿಯಾಗಿಬಿಟ್ಟಿದೆ. ಈ ಸಾರ್ಥಕ ಬದುಕಿನಲ್ಲಿ ಸಾರ್ಥಕತೆ ಪಡೆಯುವುದಾದರೂ ಎಂತು. ಈ ಜಗದಲ್ಲಿ ಇರುವಷ್ಟು ದಿನ ನ್ಯಾಯಯುತವಾಗಿ, ಪ್ರಾಮಾಣಿಕತೆಯಿಂದ ಬದುಕಿದರೆ ಅದೇ ನಮ್ಮ ಬದುಕಿನ ಸಾರ್ಥಕತೆ. ಬದುಕೆಂದರೇನು, ಬದುಕನ್ನು ಸಾರ್ಥಕಪಡಿಸಿಕೊಳ್ಳುವುದು ಹೇಗೆ ಎಂಬುದನ್ನು ತಿಳಿಸಿಕೊಟ್ಟ ವಿಷ್ಣು ನಾಯ್ಕ ಸರ್ ಅವರಿಗೆ ನಾವು ಚಿರಋಣಿಗಳು. ಅಳಿಯುವುದು ಕಾಯ ಉಳಿಯುವುದು ಕೀರ್ತಿ.

— Krupa, Manjula, Deepika, Harshita, Ranjita, Sushmita, Manasa



Shri Vishnu Naik spoke on the topic
“ಬದುಕಿನ ಸಾರ್ಥಕತೆ”

Dr. B.H.Nayak, Principal of Gokhale Centenary College, Ankola, continued his subject on the importance of Yoga and meditation.

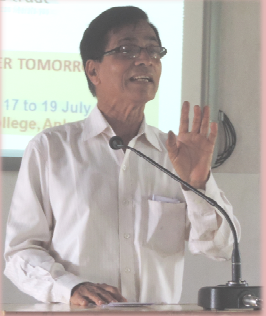
Earlier, in our previous camp held at Idagundi, he had demonstrated various physical ‘asanas’. Some of us still practice the yoga postures at home.

This time, he gave us more information regarding the benefits of Yoga and meditation in our day to day lives.

As students, particularly now that we are at a critical junction in our educational life, we are under constant pressure to perform better and achieve good marks in our subjects. This can only happen if we abandon our worries and focus on our work. Meditation plays a very major role in helping us keep our mind free from all tensions. We will really heed his advice and concentrate on keeping our thoughts together with the aid of Yoga and meditation.



Dr. B.H.Nayak stressed on
“Importance of Yoga and
Meditation”



Prof. M.S.Habbu spoke on
“Physical World”

Prof. Habbu provided an introduction to the main ideas and applications of physics. He also explained the scope and dimensions of the subject. His chosen topic was very exciting. We would like to know more about the subject in future.



Prof. V.R.Vernekar on
“Importance of Science”

Prof. Vernekar explained about Science and its importance. We got to know the basics about Science and its various branches. I would request him to continue this topic in the further camps as it was very informative and interesting.

- Sheshank Kindalkar



Smt. Shreelata Kamat on “Indian Culture and Values”

Nowadays, foreigners are more inclined towards Indian culture, yoga, meditation, etc. whereas we are distancing ourselves from our own culture. In most of our ashrams up north, we find foreigners who are teaching and learning our Vedas & Upanishads, with immaculate pronunciation & intonation of Sanskrit words. She gave us some pointers on life and the importance of developing positive values.

“ಜನನಿ ಜನ್ಮಭೂಮಿಶ್ಚ ಸ್ವರ್ಗಾದಪಿ ಗರೀಯಸಿ” ತಾಯಿ ಮತ್ತು ತಾಯ್ನಾಡು ಸ್ವರ್ಗಕ್ಕಿಂತಲೂ ಮಿಗಿಲಾದುದು. ಈ ಮಾತಿಗೆ ಅನುಗುಣವಾಗಿ ‘ಆಯಿ’ ಅವರು ಪ್ರಾಶ್ನಾತ್ಯರು ನಮ್ಮ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯ ಮಹತ್ವ ತಿಳಿದು, ಅದನ್ನು ಕಲಿಯಲು ಭಾರತಕ್ಕೆ ಬಂದರೆ, ನಾವು ನಮ್ಮ ದೇಶದ ಉತ್ತಮ ಸಂಸ್ಕೃತಿಯನ್ನೇ ಮರೆಯುತ್ತಿದ್ದೇವೆ. ನಮ್ಮ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯ ಪ್ರತಿಯೊಂದು ಆಚರಣೆಯೂ ಮೌಲ್ಯಯುತವಾದದ್ದು. ಇದನ್ನು ಅಳವಡಿಸಿ, ಮುಂದುವರಿಸಿಕೊಂಡು ಹೋಗುವುದು ನಮ್ಮೆಲ್ಲರ ಆಧ್ಯ ಕರ್ತವ್ಯ ಎಂದು ಹೇಳಿ ನಮ್ಮೆಲ್ಲರ ಮನದಲ್ಲಿ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿ, ಆಚರಣೆ ಇವುಗಳ ಬಗ್ಗೆ ಒಂದು ಹೊಸ ಬೀಜವನ್ನು ಬಿತ್ತಿ ಭಾರತದ ಒಂದು ಅಭಿವೃದ್ಧಿಯನ್ನು ಉತ್ತಮಗೊಳಿಸಬೇಕು ಎನ್ನುವ ಫಲವನ್ನು ತುಂಬಿದರು. ಅನಂತರ ಮನುಷ್ಯನ ಮನಸ್ಸಿನ ಸ್ವಭಾವವನ್ನು ಅನೇಕ ಉಪಮೇಯಗಳೊಂದಿಗೆ ವಿವರಿಸಿದರು. ಮನಸ್ಸು ಯೋಚನೆಗಳ ಸಾಗರವಾಗಬಾರದು. ಒಂದು ಯೋಚನೆ ನಮ್ಮ ಮನಸ್ಸಿನಲ್ಲಿ ಬಂತೆಂದರೆ ಅದನ್ನು ಕಾರ್ಯರೂಪಕ್ಕೆ ತರಲು ನಾವು ಆ ಯೋಚನೆಯನ್ನು ಸದಾ ಕಾಲ ಮಾಡುತ್ತಿರಬೇಕು. ಅದರ ಕುರಿತು ಪ್ರಯತ್ನಗಳನ್ನು ಮಾಡಬೇಕು. ಹಾಗಾದರೆ ಮಾತ್ರ ನಮ್ಮ ಗುರಿಯನ್ನು ನಾವು ತಲುಪಲಾಗುತ್ತದೆ ಎಂದು ಅತ್ಯಂತ ಸುಂದರವಾಗಿ ‘ಆಯಿ’ ಅವರು ವಿವರಿಸಿದರು.

- Sudha, Vaibhavi, Divya, Deeksha, Nagalakshmi,
Radhika, Pooja, Akshata

- **Only** our mind is responsible for our success & downfall. **Our** body is the chariot & our mind the charioteer.
- **Meditation** makes our inner soul develop. We are like the beggar who sits on a treasure trove not knowing that the riches inside can change our lives.
- **Mind**, soul & body should be properly synchronized. **Alignment** of all these elements is very important.
- **Conscious** mind is only 4% & sub-conscious mind 96%. Think good thoughts while getting ready to sleep.
- **A thought** which enters the sub-conscious mind is akin to a stone thrown in a silent pond which has a ripple effect. Otherwise it is just another wave in the sea.
- **Good thoughts** if written in a copy writing manner are etched deep in our cellular memory & that goes on to constitute our culture or *Sanskara*.
- **Pranayama**, yoga & meditation are very powerful tools to develop our personality on a positive note.
- **Emotions**, faith & our belief systems play an important role in our lives. Inculcating optimistic thoughts & habits is essential.
- **A positive** outlook always attracts positivity.
- **There is** a lesson to be learnt from every failure. It's like a diamond which is embedded inside waiting to be found. So always take failure in a constructive way as we can learn a lot from it.
- **To lead** a model life, culture should be taken as the root.
- **Each city**, each country, each place has a vibration, frequency of its own. That's why we feel at ease in certain places & situations.
- **When our** mind is pure, our thoughts, actions & habits also become pure.

MESSAGE FOR CHANGE MAKERS – from the Chairman's desk

There is always a need for the self-assessment at different stages in your career and also in life. One must objectively look back and see how far and to what extent we have progressed in our lives and how far we have been able to achieve the goals that we have set for ourselves.



We have a distinct and clear vision of our endeavour in the project “Change Makers for a Better Tomorrow”. Our idea is not to make our students / children better equipped for examinations. Our aim is to orient them and better equip them with those values of life and also give a direction to the thought pattern and thereby make them the instrument of change for a better tomorrow. I would very much like my young students not to be content with small ideals, small pleasures, small achievements and small desires in life; and instead focus themselves for higher ideals, greater achievements, lasting peace and joy and thus fulfill the purpose for which the Nature has given us the opportunity in life.

I want to visualize a scenario in which our boys and girls surpass our expectations and transcend those limitations which prevent others from venturing into higher strides in life.

[Shri S.P. Kamat is the Chairman of Kanara Welfare Trust & Kruger Foundation for Child Aid]

ಆದರ್ಶ ವ್ಯಕ್ತಿ ಎಂದರೆ, ಯಾವ ವ್ಯಕ್ತಿಯ ಜೀವನದ ಆದರ್ಶ ಗುಣಗಳು ನಾವು ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಪಾಲಿಸಿಕೊಂಡು ಬದುಕಿನಲ್ಲಿ ಸಾರ್ಥಕತೆಯನ್ನು ಸಾಧಿಸಬಹುದು. ಅಂತಹ ಆದರ್ಶ ವ್ಯಕ್ತಿಗಲ್ಲೋರ್ವರಾದ ರಾಮಕೃಷ್ಣ ಪರಮಹಂಸರು, ವಿವೇಕಾನಂದರು ಹಾಗೂ ಪಂಡಿತಾ ರಮಾಬಾಯಿಯವರ ಬಗ್ಗೆ ತಿಳಿಸಿಕೊಟ್ಟರು. ಅವರ ಅಪೂರ್ಣ ವಯಸ್ಸಿನಲ್ಲಿಯೇ ಮಾಡಿದ ಅಗಾಧ ಸಾಧನೆಯ ಬಗ್ಗೆಯೂ ತಿಳಿಸಿಕೊಟ್ಟರು. ಇದರ ಜೊತೆಗೆ ಇವರು ನೀಡಿದ ಅರ್ಥಪೂರ್ಣವಾದ ಪುಸ್ತಕವು ನಮ್ಮ ಜ್ಞಾನ ಭಂಡಾರವನ್ನು ವೃದ್ಧಿಸುವಲ್ಲಿ ಸಹಾಯಕವಾಗಿದೆ.

– Arvind, Ashish, Gurumurti, Vikas, Vineet

We are grateful to the organizers for gifting us the book on Social Science. We would like to request the continuation of the series on Indian Great Personalities in our future camps.

– Namrata, Deepti, Shivani Shetti, Raksha, Rajashree



Shri Nagapati Hegde spoke on
“ಆದರ್ಶ ವ್ಯಕ್ತಿಗಳು”

THE SECOND DAY



The morning session of the second day commenced with Yoga class led by Shri Shivanna Savadi who guided us.

CCE stands for Continuous and Comprehensive Evaluation, which is part of the current educational system of High Schools under the state syllabus in Karnataka. Apart from various tests and exams, the students also have to submit numerous projects and assignments to secure good internal marks which have a direct bearing on the final results.

Shri Jairanganath with his topic of “Science Activities under CCE” enlightened us about the way to go for securing maximum marks in the internals. There are many activities which can be done by students using day-to-day materials. He provided us with many ideas which can help us in executing our assignments in an easy manner. He also concentrated on the concept of “Best of Waste”. This session was academically very useful for us.

- Sheshank Kindalkar



Shri Jairanganath demonstrated “Science Activities under CCE”



Shri Praveen Gudi conducted a special session on “Study Skills & Motivation”

Shri Praveen Gudi, Founder & CEO – My Life, is a motivational speaker. He is also a psychotherapist and professional counsellor. As the students of our Change Makers Group were at a crucial stage in their academic life, the organizers deemed it appropriate to invite him to address and interact with them. Many small activities were conducted and various issues were covered under his session which lasted for more than 5 hours. On the whole, he left a very big impression on these young minds which they will cherish for a long time.



Praveen Gudi Sir is a very unique and inspiring person. Even though he faced many difficulties in life, he didn't give up. He succeeded in becoming a great motivational speaker. This shows that circumstances don't matter; your will to strive & thrive matters! We learnt many motivational and inspirational “mantras” which we will definitely inculcate in our lives. We do hope to see him during our next camps.

- Shivani Gaonkar, Nidhishree, Ankita, Snehal, Rashmi, Komal

“Life is a journey not a destination” ಎನ್ನುವಂತೆ ಶ್ರೀ ಪ್ರವೀಣ ಗುಡಿ ಸರ್ ರವರು ಮೊದಲು ನಮಗೆ ಅವರ ಹಾಸ್ಯಗಳ ಮೂಲಕ ಅವರ ಮಾತುಗಳನ್ನು ಆರಂಭಿಸಿದರು. ಅದರಂತೆಯೇ ನಾವೂ ಕೂಡ ಮಹತ್ತರವಾದ ಗುರಿಯನ್ನು ತಲುಪಲು ನಿರಂತರ ಪ್ರಯತ್ನ ಮಾಡಬೇಕು. ಕೆಲವು ಬಾರಿ ನಮ್ಮ ಜೀವನದಲ್ಲಿ ತಾತ್ಕಾಲಿಕ ಬಯಕೆಗಳು ಉದ್ಭವಿಸುತ್ತದೆ. ಅವು ನಮಗೆ ಯಶಸ್ಸನ್ನು ತಂದು ಕೊಡುವುದಿಲ್ಲ. ನಾವು ಯಾವುದಾದರೂ ಕ್ಷೇತ್ರದಲ್ಲಿ ಗುರಿಯನ್ನು ಹೊಂದಿರಬೇಕು. ಅದನ್ನು ಸಾಕಾರಗೊಳಿಸಲು ನಿರಂತರ ಕ್ರಿಯಾಶೀಲತೆ, ಅಧ್ಯಯನ, ಅಧ್ಯಪನ, ಪ್ರಯತ್ನ ಅತ್ಯಗತ್ಯ ಎಂದು ಹೇಳಿದರು. ಧನಾತ್ಮಕ ಗುಣವನ್ನಳವಡಿಸಿ ಸರಿಯಾದ ನಿಯಮಗಳನ್ನು ಅದರ ಆಚರಣೆಯಲ್ಲಿ ತಂದು ಸಂಸ್ಕೃತಿಯೊಂದಿಗೆ ಸರಿಯಾಗಿಸುವವೇ ಸಂಸ್ಕಾರ. –

Ganesh, Sandeep, Tarun, Kiran, Lohit

ಕಲೆ ಎಂದರೆ ಜೀವನದ ಅನುಭವದ ಒಂದು ಸುಂದರವಾದ ಅಭಿವ್ಯಕ್ತಿ. ತನ್ನಲ್ಲಿರುವ ಅದ್ಭುತವಾದ ಕಲೆಯನ್ನು ಬಳಸಿಕೊಂಡು ಜೀವನ ಹೇಗೆ ನಡೆಸಬಹುದು ಮತ್ತು ನಮ್ಮ ಪರಿಸರದಲ್ಲಿ ಹೇಗೆ ಬದಲಾವಣೆಯನ್ನು ತರಬೇಕು ಎಂದು ಉಪನ್ಯಾಸ ನೀಡುವುದನ್ನು ನಾವು ಅನುಸರಿಸಿದರೆ ನಿಜವಾಗಲೂ ಈ ಪರಿಸರವನ್ನು ಬದಲಾವಣೆಗೆ ಒಳಪಡಿಸಬಹುದು. ಗುರುಗಳು ಶಿಷ್ಯನ ಮನಸ್ಸನ್ನು ಕದಿಯುವಂತಹ ತಾಕತ್ತನ್ನು ಹೊಂದಿರಬೇಕು. ಅಂತಹ ಗುರುಗಳನ್ನು ‘ಕೆನರಾ ವೆಲ್ ಫೆರ್ ಟ್ರಸ್ಟ್’ ನವರು ನಮಗೆ ನೀಡಿದ್ದಾರೆ. ಅಂತಹ ಟ್ರಸ್ಟಿನ ಎಲ್ಲರಿಗೂ ನಮ್ಮ ಸಾಷ್ಟಾಂಗ ನಮಸ್ಕಾರ’.

– Vinayaka, Pramod, Siddhivinayaka, Kiran, Bhaskar

One of the activities conducted in this session was presentation of “Collage from Newspaper Clippings”. Here we see our students discussing their ideas, consolidating the assignment and presenting it to the audience. They wove some great stories containing meaningful messages with the help of the materials provided to them. It was wonderful to observe them come up with some positive thoughts using random newspaper pictures. This turned out to be a truly enriching group activity.



ENTERTAINMENT SESSION



THE THIRD DAY

The seventh camp of the project Change Makers for a Better Tomorrow held at Ankola ended with the feedback session from the members.



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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