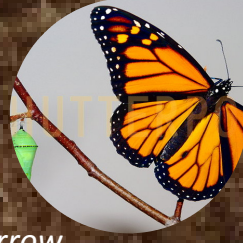


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# Pārivārtān

Newsletter of Change Makers For A Better Tomorrow



A joint initiative of



Vol- I | Issue – 08 | October – December 2015

**CHANGE MAKERS FOR A BETTER TOMORROW / ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಾಕಾರರು**

Eight Orientation Retreat for  
Members of the Third Batch

24<sup>th</sup> to 26<sup>th</sup> October 2015

Venue: Sri Sharadamba High School,  
Bhairumbe, Sirsi

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:**

Logic will take you from A to  
B. Imagination will take you  
everywhere.

- Albert Einstein

## THE EIGHTH CAMP AT BHAIRUMBE, SIRSI

The eight camp of the Change Makers Group was held in the month of October. This time the venue was Sirsi – Sri Sharadamba High School, Bhairumbe.

Amidst the natural beauty of the forests and secluded plantations, stood a beautiful school in the village of Bhairumbe, a few kilometres from Sirsi town.

Sri Sharadamba High School is partly a residential school with hostel and mess facilities for its students. It was the time of the winter vacations. The students of the school had gone home to visit and stay with their families for the duration of the holidays. The members of the Change Makers Group had the entire campus to themselves.

Experienced resource persons from various spheres were called in to address and interact with the group. Some of the subjects at this camp which were not covered previously came as a refreshing change. This time, at the end of each session, the participants of the camp were asked to summarize and interact on the topics conducted. This ensured that all the members got a chance to participate in the interactions. In the following pages, we present an overall representation of the eight camp of the project – Change Makers for a Better Tomorrow.



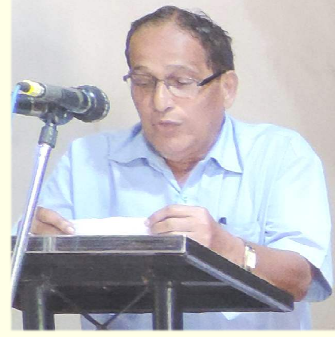
Presented by Team CMG

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## THE FIRST DAY'S SESSIONS



The camp was formally inaugurated by lighting the traditional lamp. **Shri V.L.Hegde** welcomed the gathering and led the recitation of the Sankalpa. General instructions were given by **Shri K.V.Shetti**. **Shri Vishnu Naik** also spoke on the occasion.

The first session on the topic of “**Yoga, Pranayama and Concentration**” was conducted by **Shri V.L.Hegde**. He stressed the importance of inculcating the habit of meditation in our day-to-day lives. Though Yoga was a concept of ancient India, it is now gaining ground in modern times. The benefit of yoga and pranayama in increasing concentration is a point proven by experts and educationists everywhere. Prāṇāyāma is a Sanskrit word meaning "extension of the *prāṇa* or breath" or "extension of the life force". The word is composed from two Sanskrit words: *prana* meaning life force (noted particularly as the breath), and *ayāma*, to extend or draw out. Shri V.L.Hegde explained to us the different types of pranayama which can be practiced and also the correct techniques to do the same.



The next session was on the topic of **Agriculture and Animal Husbandry**. This was a novel topic for the Change Makers. India, being an agrarian economy, is still being considered as a developing country. The various innovations and techniques in the field of agriculture and veterinary science were practically demonstrated by **Dr. G.V.Hegde Hulagola**. He also explained about the career prospects in this field. Queries from the audience were ably addressed by him.

ಕೃಷಿ ಮತ್ತು ಪಶುಸಂಗೋಪನೆಯಲ್ಲಿ ಸುಲಭಾಧಾರಿತವಾಗಿ ಬಳಸುವ ತಂತ್ರಜ್ಞಾನಗಳ ಬಗ್ಗೆ ವಿದ್ಯಾರ್ಥಿ ಯುವಕರಿಗೆ ಮನಮುಟ್ಟುವ ರೀತಿಯಲ್ಲಿ ಶ್ರೀ ಜಿ.ವಿ.ಹೆಗಡೆಯವರು ತಿಳಿಸಿಕೊಟ್ಟರು. ಮಾನವನೂ ಒಬ್ಬ ಶ್ರೇಷ್ಠ ಜೀವಿ. ಇದಕ್ಕೆ ಮೂಲ ಕಾರಣ ಮಾನವನು ತನ್ನ ವಿಚಾರವನ್ನು ಮಾತಿನಿಂದ ವ್ಯಕ್ತಪಡಿಸಬಹುದಾದ ಕಲೆ. ಆದರೆ ಇದು ಮಾನವನ ಸಾಮಾನ್ಯ ಯೋಚನೆ. ಪ್ರಾಣಿಗಳು ಮಾತಿನಿಂದ ವಂಚಿತರಾಗಿದ್ದರೆ, ಭಾವನೆಗಳ ಆಳವನ್ನು ತಲುಪಿ ಭಾವನೆಗಳ ಮೂಲಕವೇ ತಮ್ಮ ನೋವು-ನಲಿವು, ಕೃತಜ್ಞತೆಯ ಭಾವ, ತಮ್ಮ ಉಪಕಾರ ಭಾವ ಹೀಗೆ ಹಲವಾರು ಶ್ರೇಷ್ಠ ಗುಣಗಳನ್ನು ಮಾತಿಲ್ಲದೆ ಮೌನವಾಗಿ ವ್ಯಕ್ತಪಡಿಸುತ್ತವೆ. ಇದು ಮಾನವನಿಗೆ ತುಂಬಾ ಕಠಿಣ. ಆದರೂ ಸಹ ಪ್ರಾಣಿಗಳ ಜೊತೆ ತನ್ನನ್ನು ತೊಡಗಿಸಿಕೊಳ್ಳುವುದರಿಂದ ಅವುಗಳ ಭಾವನೆಯನ್ನು ಅರಿತುಕೊಳ್ಳುವ ಶಕ್ತಿ ದೊರೆಯಬಹುದು. ಇದು ಪಶು ಸಂಗೋಪನೆಯಿಂದ ತುಂಬಾ ಸುಲಭವೂ ಆಗಬಹುದು. ಈ ಪಶುಸಂಗೋಪನೆಯ ಬಗ್ಗೆ ಹಲವಾರು ಮಾಹಿತಿಗಳನ್ನು ತಿಳಿದುಕೊಂಡೆವು.

- Snehal, Vaibhavi, Sudha, Swati, Vibha, Sushmita, Tarun, Vinayak, Vineeth, Suchiket

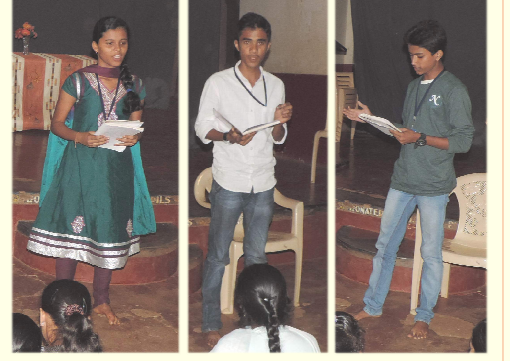


**Shri A.S.Bhat Hulagola spoke on Art of Speaking & Expression.** He differentiated between the manner of expression while debating, lecturing and elocution. He also elaborated the importance of body language, movement and speech patterns.

ರಾಜ್ಯಮಟ್ಟದ ಅತ್ಯುತ್ತಮ ವಾಗ್ಮಿಗಳಾದ, ಸಹೃದಯಿ ಸ್ನೇಹಜೀವಿಯಾದ ಭೈರುಂಬೆಯ ಶ್ರೀ ಎ.ಎಸ್.ಭಟ್ಟ ಅವರ 'ಮಾತು ಮುತ್ತು' ಎಂಬ ಸಾಂಸ್ಕೃತಿಕ ವಿಭಾಗದ ವಿಷಯವು ನಮ್ಮನ್ನು ಅತ್ಯಂತ ಪ್ರಭಾವಿತರನ್ನಾಗಿಸಿತು. "ಮಾತೆ ಮುತ್ತು, ಮಾತೇ ಮೃತ್ಯು" ಎಂಬ ಮಾತಿದೆ.

ನಾವು ಆಡುವ ಮಾತಿನ ಮೇಲೆ ಹಿಡಿತವನ್ನಿಟ್ಟುಕೊಳ್ಳಬೇಕು. ಒಂದು ಮಾತು ಇನ್ನೊಬ್ಬರನ್ನು ಆಕರ್ಷಿಸಬಹುದು ಅಥವಾ ಅವರ ಮನ ನೋಯಿಸಬಹುದು. ಇಂತಹ ಮಾತಿನ ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಅತ್ಯಂತ ಸರಳ ರೀತಿಯಲ್ಲಿ ನಮ್ಮೆಲ್ಲರ ಮನಮುಟ್ಟುವಂತೆ ನಮಗೆ ತಿಳಿಸಿದರು. ಮಾತಿನಲ್ಲಿ ಭಾಷಣದ ಬಗ್ಗೆ ಹೆಚ್ಚು ಮನ್ನಣೆ ನೀಡಿದರು. ಭಾಷಣದ ವ್ಯಾಪ್ತಿ, ಅದರ ವಿಧಗಳಾದ ಆಶುಭಾಷಣ, ಸಿದ್ಧ ಭಾಷಣ, ಚರ್ಚಾಸ್ಪರ್ಧಿಗಳ ಬಗ್ಗೆ ವಿಶೇಷ ಮಾಹಿತಿ ನೀಡಿದರು. 'ಒಂದು ಮಾತು ಯುದ್ಧಕ್ಕೆ ಅಥವಾ ಶಾಂತಿಗೆ ಎಡೆಮಾಡಿಕೊಡುತ್ತದೆ' ಎಂದು ಮಾತಿನ ಮಹತ್ವವನ್ನು ಒಂದೇ ಮಾತಿನಲ್ಲಿ ಚಿಕ್ಕದಾಗಿ, ಚೊಕ್ಕದಾಗಿ, ಸ್ಪಷ್ಟವಾಗಿ ತಿಳಿಸಿದರು. ಒಟ್ಟಿನಲ್ಲಿ ಮಾತು ಒಬ್ಬ ವ್ಯಕ್ತಿಗೆ ಎಷ್ಟು ಪ್ರಾಮುಖ್ಯ ಎಂದು ಶ್ರೀ ಎ.ಎಸ್.ಭಟ್ಟ ಅವರು ಮನವರಿಕೆ ಮಾಡಿಕೊಟ್ಟರು.

- Chinmaya, Divya, Kavya, Indirabai, Harshita, Ganesh, Gautam, Gurumurti, Ganesh, Kartik



The last session for the day was the **Chairman's Session**. We grouped together out in the open and conversed on various subjects. At the outset, **Shri S.P.Kamat Sir** mooted a very disturbing point regarding the prevalence of child labour in some parts of our country. These small children who should be enjoying their childhood are forced to work due to various reasons. We see many educated people employing small kids to look after their own children and household chores. These grown-ups do not realize the pain and torment they are causing to the child workers.



They search outside for reasons for the difficulties they face in their family life be it sickness, financial setbacks, hardships, etc. They do not realize that it is the pain that these young souls endure which somehow transmutes as a negative energy into their karmic cycle. The atrocity being meted out to these young and vulnerable victims should stop. Children should not be deprived of education and medical care for any reason. Kamat Sir asked a pledge from us. We should take it upon ourselves to set right this malady. Let us identify such children who are in dire need of rescue and rehabilitation. The Kruger Foundation and Kanara Welfare Trust are ever ready to support such children in any way possible. We assured him that we will definitely keep a lookout for such cases and will act promptly to secure aid for the affected children. These children should be treated kindly by the society.

Among other things, we talked about another case which requires immediate attention viz. the lack of proper and hygienic toilets for girls in schools. More than 32% of girls drop out of high school because of this reason. We have to start a campaign in the district to make sure that every school has a proper and usable toilet in their campus. We have to create awareness in this regard. Kamat Sir said that his team is looking out at viable solutions in this field and they expect to provide suitable facilities in rural schools and colleges in the district.

It is a matter of great pride that the institutions which we are associated with as Change Makers for a Better Tomorrow are reaching out to the under-privileged in society, seeking to adopt remedial measures to provide relief and succor to the needy.

## THE SECOND DAY



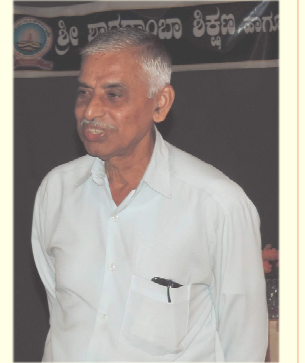
The early morning trek to Kailash Gudda was a rejuvenating experience. **Shri Manjunath Bhat** guided us to the mountain top, some 4+ km. from our camp. We were accompanied by **Shri S.P.Kamat** and some of the organizers. During our trek, Kamat Sir gave us quite a few lessons on the topography of our district. Soon we reached a small Shiva Mandir on top of the hill. We rested here for sometime and Kamat Sir narrated his experiences in foreign lands. We vividly remember his talk on “Vipassana”. The technique of Vipassana is a simple, practical way to achieve real peace of mind and to lead a happy, useful life. Vipassana means “to see things as they really are”; it is a logical process of mental purification through self-observation. From time to time, we all experience agitation, frustration and disharmony. When we suffer, we do not keep our misery limited to ourselves; instead, we keep distributing it to others. Certainly this is not a proper way to live. We all want to live at peace within ourselves, and with those around us. After all, human beings are social beings: we have to live and interact with others. How, then, can we live peacefully? How can we remain harmonious ourselves, and maintain peace and harmony around us? Vipassana enables us to experience peace and harmony: it purifies the mind, freeing it from suffering and the deep-seated causes of suffering. The practice leads step-by-step to the highest spiritual goal of full liberation from all mental defilements.

**Shri R.S.Hegde Bhairumbe** spoke to us about “**Bhagavad Gita and Goals of Life**”.

ಹುಟ್ಟಿದ ಮಗು ಅಳುವಾಗ, ಅದಕ್ಕೊಂದು ಗುರಿ ಇತ್ತೇ? ಸಮಾಜಕ್ಕೆ ಹೊಸ ಅತಿಥಿಯಾಗಿ ಸೇರಿ, ನೋವು ನಲಿವುಗಳಿಗೆ ಸ್ಪಂದಿಸುವಾಗ ಮನದೊಳಗೆ ಮೊಳಕೆಯೊಡೆಯುವ ಗುರಿಯೆಂಬ ಜಿಂಕೆಯ ಹಿಂದೆ ಓಡುವುದು ಪ್ರಾರಂಭ ಓಡಿ ಓಡಿ ಸುಸ್ತಾದ ಜೀವ ಶರೀರಕ್ಕೆ ದೈವತ್ವದ ದರ್ಶನ ಮಾಡಿಸುವುದು ಆ ಮಗುವಿನ ಜೀವನದ ಪರಮ ಗುರಿಯಾದರೆ ಬದುಕಿನಲ್ಲಿ ಸಾರ್ಥಕತೆ ಸಾಧ್ಯ !

ಇಂತಹ ತಾತ್ಕಾಲಿಕ, ಬಹುಕಾಲಿಕ ಮತ್ತು ಶಾಶ್ವತ ಗುರಿಯ ಮಹತ್ವವನ್ನು ತಿಳಿಸಿ ಭಗವದ್ಗೀತೆಯ ಸಾರದೊಂದಿಗೆ ಭಾರತದ ಸತ್ತ್ವಜಿಗಳಾಗಲು ಉತ್ತಮ ಭಾರತ ನಿರ್ಮಿಸಲು ಗುರಿಯು ಒಳ್ಳೆಯದಾಗಿರಲು ಆ ಗುರಿಯ ಸಾಧನೆಗಾಗಿ ತಪ್ಪು ಕಾರ್ಯಗಳತ್ತ ಹೆಜ್ಜೆ ಹಾಕದಿರಿ ಎಂಬ ಅದ್ಭುತ ನುಡಿಗಳ ಮೂಲಕ ಶ್ರೀ ಆರ್.ಎಸ್.ಹೆಗಡೆ ಬೈರುಂಭೆ ಅವರು ನಮಗೆಲ್ಲರಿಗೂ ಗುರಿಯ ಕಲ್ಪನೆ ನೀಡಿದರು. ಅವರಿಗೆ ಮತ್ತು ಕೆನರಾ ವೆಲ್‌ಫೇರ್ ಟ್ರಸ್ಟಿನವರಿಗೆಲ್ಲರಿಗೂ ನಮ್ಮ ಧನ್ಯವಾದಗಳು.

- Manjula, Krupa, Komal, Manasa, Kiran J., Lohit, Vikas, Kiran I.



**Shri Narayan Hegde Gadikai** addressed us on “**Values and Life**”.

ಅಜ್ಞಾನವೆನ್ನುವ ಕತ್ತಲಿನಲ್ಲಿ ಕುರುಡನಾಗಿರುವವನು ಜ್ಞಾನವೆನ್ನುವ ಬೆಳಕಿನಿಂದ ಕಣ್ಣನ್ನು ತೆರೆಸುವವನು ನಿಜವಾದ ಗುರು. ಅಂತಹ ಗುರುವಿಗೆ ನಮ್ಮ ನಮಸ್ಕಾರ. ಒಳ್ಳೆಯ ಮೌಲ್ಯಗಳನ್ನು ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ವಿಷಯಗಳನ್ನು ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಅಳವಡಿಸಿಕೊಂಡು ಬದುಕನ್ನು ಸಾರ್ಥಕವಾಗಿಸಬೇಕು. ಅಂದರೆ ದೈವತ್ವದೇಗೆ ಸಾಗಿಸಬಹುದೆಂಬ ಸತ್ಯ, ತಿಳುವಳಿಕೆ, ಜ್ಞಾನವನ್ನು ಶ್ರೀ ನಾರಾಯಣ ಹೆಗಡೆ ಗಡಿಕೈ ಸರ್ ಅವರು ತಿಳಿಸಿದರು. ಮೌಲ್ಯಗಳು ಸಂದರ್ಭಕ್ಕೆ ತಕ್ಕಂತೆ ಬದಲಾಗುತ್ತವೆ. ನಮ್ಮ ಸಮಾಜದ ಕ್ಷೇಮ ಮತ್ತು ಅಭಿವೃದ್ಧಿಗಾಗಿ ಮೌಲ್ಯ ಎಂಬ ಮುತ್ತು ಬಹಳ ಮುಖ್ಯ. ಹಾಗೆಯೇ ಜನ್ಮ, ಜನ್ಮಾಂತರಗಳ ಸತ್ಯ ಗೊಂದಲಗಳ ಸುಳಿಯಲ್ಲಿ ಸಿಲುಕಿದ ಆಧ್ಯಾತ್ಮಿಕ ಸಿದ್ಧಾಂತಗಳ ಕುತುಹಲಕಾರಿ ಸಂಗತಿಗಳನ್ನು ಸುಲಭ ಉತ್ತರಗಳ ಮೂಲಕ ಸುಂದರವಾಗಿ ತಿಳಿಸಿದರು.

- Snehal, Vaibhavi, Sudha, Swati, Vibha, Sushmita, Tarun, Vinayak, Vineeth, Suchiket



The next session was conducted by **Shri Ramanand Ainkai** pertaining to the subject of **observation, imagination, experience and expression**. This was quite an interesting session where we were asked many questions and made to enact some scenes from our imagination. Shri Ramanand Ainkai gave some of us a book authored by him as prizes for our efforts. Some productive activities were also carried out under his guidance.

ಅನುಭವಗಳನ್ನು ಸುಂದರವಾದ ರೂಪದಲ್ಲಿ ವ್ಯಕ್ತಪಡಿಸುವುದೇ ಅಭಿವ್ಯಕ್ತಿ. ನಾವು ನೋಡಿದ ಒಂದು ವಸ್ತುವನ್ನು, ವಿಚಾರಧಾರೆಯನ್ನು ಅನೇಕಬಾರಿ ನಮಗೆ ಗ್ರಹಿಸಿ ತಿಳಿಸಲು ಸಾಧ್ಯವಾಗುವುದಿಲ್ಲ. ಆಧುನಿಕ ಜೀವನದಲ್ಲಂತೂ ಅಭಿವ್ಯಕ್ತಿಯ ಅಡಿಪಾಯಗಳಾದ ಗ್ರಹಿಕೆ ಕಲ್ಪನೆ, ಅನುಭವಗಳು ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ. ಜೀವನದ ಸಾರ್ಥಕತೆಯನ್ನು ಪಡೆಯಲು ಗ್ರಹಿಕೆ, ಕಲ್ಪನೆ, ಅನುಭವ, ಅಭಿವ್ಯಕ್ತಿ ಈ ನಾಲ್ಕು ಅಷ್ಟೇ ಮುಖ್ಯವಾದವು. ನಾವೊಂದು ವಸ್ತುವನ್ನು ನೋಡುತ್ತೇವೆ. ಆದರೆ ಅದು ಗ್ರಹಿಕೆಯಾಗಲೂ ಸಾಧ್ಯವಿಲ್ಲ. ನೋಡುವಿಕೆ ಮತ್ತು ಗ್ರಹಿಕೆಯ ವ್ಯತ್ಯಾಸವನ್ನು ನಮ್ಮಿಂದಲೇ ನಮ್ಮನ್ನು ಪ್ರೇರೇಪಿಸುವ ಮೂಲಕ ಅನೇಕ ಪ್ರಾಯೋಗಿಕವಾಗಿ ವ್ಯಕ್ತಪಡಿಸುವುದರ ಮೂಲಕ ನಮ್ಮೆಲ್ಲರನ್ನು ಗ್ರಹಿಕೆಯ ಕಲ್ಪನೆಗೆ ಕೊಂಡೊಯ್ದರು. ಗ್ರಹಿಕೆಯಿಂದಲೇ ನಮ್ಮ ಮನದೊಳಗೆ ಮಾಡುವ ಅದ್ಭುತ ಪ್ರಪಂಚವೇ ಕಲ್ಪನೆ. ಅದಾದ ಮೇಲೆ ಗ್ರಹಿಕೆ ಮತ್ತು ಕಲ್ಪನೆಗಳ ನಂತರದ ಅನುಭವವೂ ಜೀವನದಲ್ಲಿ ಅತಿ ಅವಶ್ಯಕ. ಈ ಮೂರನ್ನು ಸುಂದರ ಸಾಮರಸ್ಯದೊಂದಿಗೆ ನೀಡುವ ಹೊಸ ರೂಪವೇ ಅಭಿವ್ಯಕ್ತಿ.

- Manjula, Krupa, Komal, Manasa, Kiran, Lohit, Vikas, Kiran I.



The evening session with the Chairman commenced with some more notes on the topic of "Values and Life" which was initiated earlier by Shri Narayan Hegde Gadikai. We discussed the various aspects of the topic among ourselves and represented our views to the gathering. It was quite a fruitful session and we collected some more inputs on the subject.

Shri S.P.Kamat Sir is an inspiration to all of us. Each time we meet he has something new to tell us. He always takes us to a different world and makes us connect with him. He has got so much positivity in him; he always wins in involving us in his speech. We hope to have many more sessions with him.

- Sharat, Sheshank, Shilpa, Shivani G., Shivani S., Siddhivinayak, Sneha



## FEEDBACK SESSION

Before the camp winded up, a feedback session was held wherein the participants spoke about their experiences in the camp.



As like our previous camps, this camp was also interesting. We particularly liked the session on 'Observation, Imagination, Experience and Expression' conducted by Shri Ramanand Ainkai. We also thank the organizers for introducing the concept of Group Discussions.  
- Aditya, Akshata, Ankita, Ashish, Arvind, Deepti, Deepika, Deeksha

ಈ ಶಿಬಿರ ವಿನೂತನವಾದ ಅನುಭವವನ್ನು ನೀಡಿತು. ಪರಿವರ್ತನೆಗೆ ಒಂದು ಹೊಸ ಆಯಾಮ ನೀಡಿದ ವಿಶಿಷ್ಟ ಶಿಬಿರವಾಗಿತ್ತು. ಈ ಶಿಬಿರದಲ್ಲಿ “ಗುಂಪು ಚರ್ಚೆ” ಎಂಬ ಹೊಸ ಚಟುವಟಿಕೆಯ ಮೂಲಕ ಪರಿವರ್ತನಾಕಾರರಾದ ನಮ್ಮೆಲ್ಲರ ಅಭಿಪ್ರಾಯ ಅನಿಸಿಕೆಗಳನ್ನು ಸಮ್ಮಿಲನಗೊಳಿಸುವ ಅವಕಾಶವಿತ್ತು.  
- Chinmaya, Divya, Kavya, Indirabai, Harshita, Ganesh, Gautam, Gurumurti, Ganesh, Kartik

‘ಮಾತು ಆಡಿದರೆ ಹೋಯಿತು, ಮುತ್ತು ಒಡೆದರೆ ಹೋಯಿತು’ ಎನ್ನುವ ಗಾದೆಯಂತೆ ತುಂಬಾ ರಸವತ್ತಾದ ವಿಷಯವಾದ “ಮಾತೆ ಮತ್ತು ಮುತ್ತು” ಎನ್ನುವ ವಿಷಯದ ಬಗ್ಗೆ ಶ್ರೀ ಎ.ಎಸ್.ಭಟ್ಟರವರು ತುಂಬಾ ಅತ್ಯುತ್ತಮವಾಗಿ ತಿಳಿಸಿಕೊಟ್ಟರು. ಮಾತಿನ ಚುರುಕುತನ ದೇವಲೋಕಕ್ಕಿಂತ ಮಿಗಿಲಾದುದು. ಈ ಮಾತಿನ ಚುರುಕುತನವು ನಮ್ಮ ಜೀವನದ ಏಳು-ಬೀಳುಗಳಲ್ಲಿ ಮಹತ್ತರವಾದ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ. ಸಿದ್ಧ ಬಾಷಣ, ಆಶು ಬಾಷಣ, ಚರ್ಚಾ ಸ್ಪರ್ಧೆಗಳಲ್ಲಿ ಇಂತಹ ಉಪನ್ಯಾಸದ ಅಂಶ ನಮಗೆ ಅತ್ಯಂತ ಉಪಯುಕ್ತವಾಗಿದೆ.  
- Kiran J., Vikas, Lohit, Kiran I.

## THANKSGIVING

The organizers take this opportunity to thank the following persons who helped us in the successful completion of this camp.

- **Shri Nagapati Hegde Hulagola** who suggested this venue and helped us in securing the services of the necessary people.
- **Shri V.M.Hegde Bomnahalli**, Chairman of Sri Sharadamba High School, Bhairumbe, other office bearers and Headmaster of the school, **Shri S.G.Shastri**, for lending us the use of the premises of the school, hostel and other facilities for the camp.
- **Shri Mahabaleshwar Hegde Gadikai** who organized accommodation, food and other facilities for our camp. We also thank him and his uncle, **Shri Mahadev Hegde**, for inviting us to their farm & showing our students the various farm related activities.
- **Shri Manjunath R.Bhat Bhairumbe** for guiding us in our trek to Kailash Gudda on the second day.
- All the **resource persons** who attended and interacted with our Change Makers Group.
- **Shri V.L.Hegde & Shri Harshal Kulkarni** of Janata Vidyalaya, Kulve-Baroor, who helped us in the smooth conduct of the camp.
- All the persons not mentioned here, who helped us in the successful completion of the camp.



The food served at the camp was very nutritious and tasty. We got to sample various local dishes also. We recall with gratitude the delicious meals prepared and served by **Shri Ramachandra K.Hegde** and his team of helpers. The hostel accommodation was also very good. We would like to take this opportunity to thank the School Management and Staff for the care taken to ensure that we had a memorable camp at Bhairumbhe. We would definitely want to come here in future and spend some time again.



## 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.

### TRUST OFFICE STAFF & ORGANIZING TEAM



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