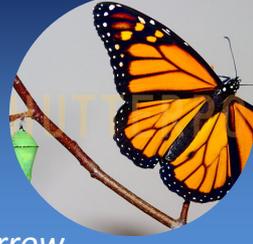


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Pārivārtān

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 ಪರಿವರ್ತನಕಾರರು

Ninth Orientation Retreat for
Members of the Third Batch

8th to 10th January 2016

Venue: Sea View Resort, Murdeshwar

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.

- from the Internet

THE NINTH CAMP AT MURDESHWAR

The ninth camp of the Change Makers Group was held in the month of January. The venue was Sea View Resort, Murdeshwar.

Murdeshwar Temple and Raja Gopura is built on the Kanduka Hill which is surrounded on three sides by the waters of the Arabian Sea. It is dedicated to Lord Shiva, and a 20-storied gopura is constructed at the temple. There is also a Rameshwar linga at the bottom of the hill. The main deity is Sri Mridesa Linga, also called Murudeswara. The linga is believed to be a piece of the original Atma Linga and is about two feet below ground level. The entire area has been developed by businessman and philanthropist Shri R.N.Shetty of Murdeshwar.

A huge towering statue of Lord Shiva, visible from great distances, is present in the temple complex. It is the second highest statue of Lord Shiva in the world. The idol is designed such that it gets the sunlight directly and thus appears sparkling.

The participants of the camp were lodged at Sea View Resort near the beach at Murdeshwar. Separate accommodation for boys and girls were arranged. In the following pages, we present an overall depiction of the ninth 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 Prashant Rao**, Spl. Coordinator, KWT, welcomed the gathering & gave general instructions to the participants. **Shri Mahesh Hanabaratti**, Teacher, JV-Murdeswar, led the recitation of *Sankalpa*. **Shri Rajesh Shetty**, Lecturer, JVCJC-Shirali, gave a brief description of Murdeswar and adjoining places.

Shri Mahesh Hanabaratti spoke on the Life & Teachings of Vinoba Bhave

Vinoba Bhave stands as a symbol for the struggle of the good against the evil, of spiritual against the mundane. He was a spiritual visionary, whose spirituality had a pragmatic stance with intense concern for the deprived. He was a brilliant scholar who could knowledge accessible to ordinary people. He was Gandhi's ardent follower, who could retain originality in thinking. His Bhoodan (Gift of the Land) movement started on April 18, 1951, attracted the attention of the world. Untouched by publicity and attention, Vinoba had continued his efforts for a just and equitable society. In fact, his life is a saga of his commitment to nonviolent ways of bringing change, his yearning for the highest level of spirituality and his unwavering faith in human values and love.



Shri A.B.Ramrath, Principal, J.V.Comp. Jr. College, Shirali - Social Responsibility in Student Life

Today's youth is tomorrow's nation. And today's youth are our students. The formative period of an individual is during the student phase and hence it is known to be the crucial time of life. Education starts not only at school, but from every home. A child learns from his home, school and then from the society and thus every individual that a kid interacts, influences his life later on. Students act as bridges between two generations. They need to realize and understand the happenings of today, eliminate the bad and extract the good for implementing it for tomorrow. Students should have a commitment towards society – contributing towards social, cultural and ecological causes. Students cannot live in complete isolation from the community-life. Even a school going student is bound to have links with other people who together form a society. The students of today lay the foundation stone of future society.



Shri M.A.Naik, Headmaster, Janata Vidyalaya, Shirali, addressed us during the gap periods and at the end of the camp. Though he didn't have a formal session with us, we could observe him keenly following and assisting in the activities of this camp. Later on, we came to know from the organizers that he was the one instrumental in helping them conduct this camp at Murdeswar, which was also his home town. We understand that there are so many things which are involved in organizing a camp such as ours. The accommodation, food, travel, hygiene, etc. were taken care of in a meticulous manner in this camp. We could also visit the temple complex and get transportation facilities to go to our homes in time. For this and also other assistance which he provided, we thank Shri M.A.Naik with a deep sense of gratitude.



A talk on SPIC MACAY and its activities

SPIC MACAY (*Society for the Promotion of Indian Classical Music And Culture Amongst Youth*) is a non-political, nationwide, voluntary movement founded in 1977 by Dr Kiran Seth, Professor-Emeritus at IIT-Delhi who was awarded the 'Padma Shri' for his contribution to the Arts in 2009 by Govt. of India. SPICMACAY's intention is to enrich the quality of formal education by increasing awareness about different aspects of Indian heritage and inspiring the young mind to imbibe the values embedded in it.

Ms. Vidya Harish and Mr. Pramod representing the Karnataka Chapter of SPIC MACAY had come specially to address us about the organization.

Ms. Vidya Harish outlined the activities of SPIC MACAY to the Change Makers Group. SPIC MACAY conducts lecture demonstrations, conventions, yoga, folk arts & crafts workshop, heritage walks, screening of cinema classics, and many other activities throughout the year at various places in the country and abroad. The organization also has a scholarship scheme where budding student artistes can develop their art and get to know the great achievers in their field. Conventions are held regularly wherein more than 1500 students can participate at a time. These conventions are spread over a month and the participants are exposed to numerous activities every day. Students can also participate as volunteers and get themselves acquainted with the conduct of such workshops and camps. Some brochures & literature of SPIC MACAY were also distributed.

Ms. Vidya also gave us many tips and inputs to achieve success in life. Having a creative hobby definitely evolves our mind.



Chairman's Session on the sea-shore

It had been a long time since we had interacted with Shri S.P.Kamat Sir. This time we got the opportunity to meet and communicate with him on the beach at Murdeshwar. The water was shining in the moonlight and the stars were bright and twinkling as we sat down to hear him. It was a perfect ambience as he began the conversation with some short stories from the Mahabharata – the great Indian epic. Almost all Indian children are familiar with the main thread of Ramayana and Mahabharata. But this was something different.

The stories were nice to hear but if we looked hard enough we could see that they also contained a deeper meaning embedded inside them. This was what Kamat Sir wanted us to observe. There are different versions of the great epics written & translated by so many authors apart from the original composers – Veda Vyas and Valmiki.

We can find so many treasures of wisdom in each of the small stories connected to the main epics. The concept of "Dharma" (not to be confused with religion) and the notion of right & wrong is aptly described here. The characters in the Mahabharata starting with Krishna, Bheeshma, Sanjaya, Yudhisthir, Arjuna, Bheema, Draupadi, and many more are very interesting and contain multiple dimensions to their individual personalities. The smaller and lesser known stories of the Mahabharata add to the intriguing narrative of the main epic. We would surely like to know more and more about our heritage and culture through these ancient works of literature.

THE SECOND DAY



Yoga Session: A healthy mind in a healthy body. The Change Makers Program has always stressed on the need to spend time with our inner self with the help of Yoga & meditation. Like in the previous camps, **Shri Shivannada Savadi**, Physical Education Teacher, Janata Vidyalaya, Kasarkod, helped us develop the nuances of practicing the various *asanas* in Yoga and also guided us in the proper breathing techniques to be followed while indulging in *pranayama*.



Shri Krishnamurthy Hebbar, Journalist, Honnavar, addressed us on Life Orientation

ಸುಂದರವಾದ ಮುರ್ಛೇಶ್ವರದ ಪರಿಸರದಲ್ಲಿ ವಿಶಾಲವಾಗಿ ಹರಿಯುತ್ತಿರುವ ಅರಬ್ಬೀ ಸಮುದ್ರದ ಪಕ್ಕದಲ್ಲಿ, ನಡೆಯುತ್ತಿರುವ ಈ ಕ್ಯಾಂಪ್ ತುಂಬಾ ಮಹತ್ವಪೂರ್ಣವಾಗಿದೆ. ಶ್ರೀ ಕೃಷ್ಣಮೂರ್ತಿ ಹೆಬ್ಬಾರ ಅವರು ನೀಡಿದ ಉಪನ್ಯಾಸ ವಿಕಸಿತ ಜೀವನ (Life Orientation) ನಿಜಕ್ಕೂ ನಮ್ಮ ಮೇಲೆ ತುಂಬಾ ಪರಿಣಾಮವನ್ನು ಬೀರಿತು. ಅವರು ಹೇಳಿದ 10 ವಾಕ್ಯಗಳು ನಿಜಕ್ಕೂ ಜೀವನದಲ್ಲಿ ಅವಶ್ಯಕವಾದುದು. ಮನುಷ್ಯ ಜೀವನದಲ್ಲಿ ಯಶಸ್ವಿಯಾಗಬೇಕಾದರೆ, ವದಂತಿ ಹಬ್ಬಿಸುವ ಪಾಪ ಮಾಡದೇ ಭಯವೆಂಬ ಅಡ್ಡಿ ದಾಟಿ, ಬಂದ ಅವಕಾಶ ಬಿಟ್ಟುಕೊಡುವ ತಪ್ಪು ಮಾಡದೇ ಬಾಲಿನಲ್ಲಿ ನಂಬಿಕೆಯೆಂಬ ಉನ್ನತ ವಿಚಾರ ಉಳಿಸಿಕೊಂಡು ಇನ್ನೊಂದು ಅವಕಾಶವಿದೆ ಎನ್ನುವ ಆಶಾವಾದದೊಂದಿಗೆ ಅಹಂಕಾರವೆಂಬ ಅಂಗವೈಫಲ್ಯಕ್ಕೊಳಗಾಗದೇ ಶಿಸ್ತು, ಸಾಮಾನ್ಯ ಜ್ಞಾನ, ಅಗತ್ಯ

ಗುಣ ಮೈಗೂಡಿಸಿಕೊಂಡು ತುಂಬು ಆತ್ಮವಿಶ್ವಾಸ ಹೊಂದಿ ಅದನ್ನೆಂದು ಕಳೆದುಕೊಳ್ಳದೇ ಧನಾತ್ಮಕ ಚಿಂತನೆಯೆಂಬ ಅದಮ್ಯ ಶಕ್ತಿ ಪಡೆದು ಅನಿವಾರ್ಯವಾದ ಬದಲಾವಣೆಗೆ ಮೈಮನಸ್ಸನ್ನು ಒಡ್ಡಿ ಬೆಲೆ ಕಟ್ಟಲಾಗದ ಬಾಳಿನ ಸಂಪತ್ತಾದ ಆರೋಗ್ಯ ಕಾದುಕೊಂಡು ಬಾಳುವದೇ ವಿಕಸಿತ ಜೀವನ.

- Ganesh G., Ganesh N., Gautam, Kavya, Kiran I., Kiran J., Lohit, Suchiket



Shri Vishnu Naik spoke on the Purpose of Life and the beliefs & superstitions associated with it

Superstition is belief in the supernatural causality – that one event causes another without any natural process linking the two events. Man, a social animal, has been unable to distinguish between belief and superstition since time immemorial.

Shri Vishnu Naik gave us some insights into this topic. We blindly follow ages old rituals and beliefs without knowing what they stand for. Women, especially widows, faced lots of hardships in olden days. Quoting from personal experience, he made us realize that the society in which we live is filled with many such instances where the people suffered because they had no one to guide them. Mainly, the ruling class and those in power kept the others in fear to establish their supremacy.

Since ancient times, saints like Shanakaracharya, Madhvacharya, Mahatma Gandhi, Swami Vivekananda, and many others have made an attempt to remove superstitions from society. It is our duty as Change Makers to take up this task of educating people and revolutionizing the society.

- Sheshank, Tarun, Ashish, Gurumurthy, Aditya, Vikas, Bhaskar, Siddhivinayak

Shri H.S.Gunaga talked to us about Life in general

In the short time before the break for lunch, Shri H.S.Gunaga, Lecturer at Janata Vidyalaya Composite PU College, Shirali, addressed us on the importance of cultivating the good values narrated in the grand epics of Indian mythology. There are many strong characters in the Mahabharata and Ramayana. Each one has his/her own strength. Similarly, we can pick out one such character which we admire and inculcate the best traits. It is very important to have a goal and an ideal to follow without which we will lose the very essence of life. We thank him for his short but value-based speech.

**Dr. S.N.Shetty, Retd. Professor spoke on Swami Vivekananda and his values**

ನಮ್ಮ ದೇಶದಲ್ಲಿ ಹಲವಾರು ಮಹನೀಯರು, ಆದರ್ಶ ವ್ಯಕ್ತಿಗಳು ಆಗಿ ಹೋಗಿದ್ದಾರೆ. ಅಂತಹವರಲ್ಲಿ ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರು ಒಬ್ಬರು. ವಿವೇಕಾನಂದರು ಜೀವನ ಪ್ರೀತಿಯಲ್ಲಿರುವ ಮಹತ್ವವನ್ನು ತೆರೆದಿಟ್ಟು ಭಾರತೀಯರನ್ನು ಎಚ್ಚರಗೊಳಿಸಿದ ಕ್ರಾಂತಿಕಾರಿ ಸನ್ಯಾಸಿ. ವ್ಯಕ್ತಿ ಮತ್ತು ವ್ಯಕ್ತಿಯ ಇರುವಿಕೆಗೆ ಮತ್ತು ಸಾಮರ್ಥ್ಯಕ್ಕೆ ಮಹತ್ವವನ್ನು ನೀಡಬಯಸಿದರು. ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿಯೂ ತನ್ನದೇ ಆದ ಮಹತ್ವವನ್ನು ಹೊಂದಿದ್ದಾನೆ ಎಂದು ಸಾರಿ ಹೇಳಿದರು. ಇವರು ಯುವಕರಿಗೆ ಪ್ರೇರಕ ಶಕ್ತಿ. 1893ರಲ್ಲಿ ಚಿಕಾಗೋದಲ್ಲಿ ನಡೆದ 11ನೇ ವಿಶ್ವಧರ್ಮ ಸಮ್ಮೇಳನದಲ್ಲಿ ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯನ್ನು ಇಡೀ ಜಗತ್ತಿಗೆ ಸಾರಿದ ಧೀಮಂತ ನಾಯಕರು. ತಾಯ್ನಾಡಿನ ಋಣವನ್ನು ತೀರಿಸಲು ದೇಶದ ಗರಿಮೆಯನ್ನು ಎತ್ತಿ ಸಾರಿದ್ದಾರೆ. ಅವರ ಜೀವನ ನಮಗೆ ಆದರ್ಶ. ಅವರ ಆದರ್ಶ ಹಾಗೂ ಮೌಲ್ಯಗಳನ್ನು ಅತಿ ಸುಂದರ, ಸರಳವಾಗಿ ತಿಳಿಸಿದ ಡಾ.ಶ್ರೀಪಾದ ಶೆಟ್ಟಿಯವರಿಗೆ ಹೃತ್ಪೂರ್ವಕ ಧನ್ಯವಾದಗಳು.

‘ಏಳಿ ಎದ್ದೇಳಿ ಗುರಿಮುಟ್ಟುವ ತನಕ ನಿಲ್ಲದಿರಿ’ ಎಂಬ ವಿವೇಕಾನಂದರ ಮಾತಿನಂತೆ ನಾವು ಪರಿವರ್ತನೆಯ ಗುರಿಯನ್ನು ಇಟ್ಟುಕೊಂಡು ಅದನ್ನು ಸಾಧಿಸಲು ಸತತ ಪ್ರಯತ್ನದಿಂದ ಮುನ್ನಡೆಯೋಣ.

- Deeksha, Divya, Pooja, Akshata

Sea-shores are always awesome. But to make that scenario even more gracious and welcoming, we, the CMG members, were privileged to have one of the most radiant personalities in front of us – Shri S.P.Kamat Sir. On the very first day, he addressed all of us with the beautiful topic: our holy epics – Ramayana and Mahabharata and the characters in it. We all felt that we were actually transported into the world of the Pandavas and Kauravas. We were intrigued by all the intricate details which we had never known before. We asked lots and lots of questions to him and he clarified our doubts with great patience. The next day, we had a lot of fun by jumping into the water like little kids. Then, in all the fun, in all the joy, we got to know many more good realities from Kamat Sir.

Sitting besides Lord Shiva, in the laps of the Arabian shore, we were totally engaged in understanding the realities of the whole Universe, like connecting to ourselves to experience the Almighty. He made us understand that even though we are just a speck in the Universe, we consist of all the *Shakti* needed to become *Paripoorna*.



- Sangeetha, Shweta, Indirabai, Deepti, Rashmi



Entertainment Session: As is the norm at every Change Makers Orientation Retreat, the evening of the second day was reserved for entertainment. The group members utilized the next hour and a half to regale the small audience with their skill and talent. There were skits, songs, dances, poetry recitation and many more items in the list of programs. It was a refreshing close to the day's mind absorbing events. We would like to take this opportunity to thank the organizers for allotting this time slot to display our individual creative flair and talent.

THE THIRD DAY



Visit to the Temple and Beach in the morning hours: After two days of intellectual, emotional and academic pursuits, we spent the morning of the third day visiting the famous Murdeshwar Temple dedicated to Lord Shiva. Taking in the cool breeze of the salty Arabian Sea, it was a refreshing walk on the beach from our resort to the main temple complex. Though it was a Sunday, there was no early morning rush and we could roam the entire premises of the temple in a leisurely manner. We saw the artistic impressions related to some of the sequences of the Mahabharata and Bhagwad Gita on the temple hill. It was fun posing for photographs with the beautiful images in the background. Soon people started to crowd the temple and we made our way back again through the beach route. The local fishing boats were just coming to the shore with the fresh catch of the fruits of the sea. The town of Murdeshwar had just begun to come alive with the daily activities.

FEEDBACK SESSION



ಒಂದು ಸಾಂಪ್ರದಾಯಿಕವಾಗಿ, ಧಾರ್ಮಿಕವಾಗಿ, ಭಾರತೀಯ ಸಂಸ್ಕೃತಿಯನ್ನು ಒಪ್ಪಬೇಕಾದ ನಾವು ಕೆಲವೊಂದನ್ನು ನಂಬಿಕೆ ಎಂದು ಪರಿಗಣಿಸಿದರೆ ಅದು ಮಿತಿಮೀರಿದಾಗ ಮೂಢನಂಬಿಕೆಯಾಗುತ್ತದೆ. ನಾವು ನಂಬಿಕೆಯನ್ನು ಪ್ರಶ್ನಿಸಲಾಗುವುದಿಲ್ಲ. ಆದರೆ ಈ ಒಂದು ಪರಿವರ್ತನಾಕಾರರ ತಂಡದ ಅಡಿಯಲ್ಲಿ ಇರುವ ನಾವೆಲ್ಲರೂ ಮೂಢನಂಬಿಕೆಯ ವಿರುದ್ಧ ದ್ವನಿ ಎತ್ತುವುದು ಅನಿವಾರ್ಯವಾಗಿದೆ. ಹೀಗಾಗಿ ನಾವೆಲ್ಲರೂ ಪರಿವರ್ತನೆಯ ಹಾದಿಯಲ್ಲಿ ಈ ಒಂದು ಅನಿಷ್ಟ ಪದ್ಧತಿಯ ವಿರುದ್ಧ ಹೋರಾಡಲು ನಾವು ಯಾವಾಗಲೂ ಸಿದ್ಧ ಈ ಮೂಲಕ ಇಂತಹ ಒಂದು ಸಾಮಾಜಿಕ ಕಾರ್ಯದಲ್ಲಿ ನಮ್ಮ ಒಂದು ಅಳಿಲು ಸೇವೆ ಸಲ್ಲಿಸಲು ಪ್ರಾಮಾಣಿಕವಾಗಿ ಪ್ರಯತ್ನಿಸುತ್ತೇವೆ.

- Manasa, Sushmita, Deepika, Krupa, Ranjita

There is a saying in English – “Nobody plans to fail, but fails to plan”. This camp taught us to plan our work and stick to the plan with discipline. The evening sessions with Shri S.P.Kamat Sir were really interesting and inspiring. We always feel a positive vibe when we are in his company. An easy way to be grateful to all the organizers and resource persons is to apply what they have taught in our daily lives.

- Ankita, Chinmayi, Nidhishree, Snehal, Shivani

THANKSGIVING

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

- **Shri M.A.Naik**, Headmaster, Janata Vidyalaya, Shirali, who suggested this venue and helped us in securing accommodation and other logistical facilities.
- **Shri Rajesh Shetty**, Lecturer, Janata Vidyalaya Comp. PU College, Shirali, and **Shri Mahesh Hanabaratti**, Asst. Teacher, Janata Vidyalaya, Murdeshwar, who helped us in the smooth conduct of the camp.
- All other persons who helped us in the successful completion of the camp.

THE CHANGE MAKERS PROJECT

The world is witnessing a phenomenon not conducive for the Nature’s evolutionary purpose and process. 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 Man tends to preoccupy himself in trying to only talk about this phenomenon at an intellectual level and not making a serious attempt to address the real problem.

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. If Man can make a positive effort to supplement the Nature’s inbuilt mechanism, the acceleration towards the upward trend would be easily gained.

An 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 14-16, who could be oriented to become change makers for the world tomorrow. The target group is chosen from the student community studying in the 8th standard in the Secondary level of Education. The candidates are selected from schools spanning the entire length and breadth of the Uttar Kannada District.

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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