

[transformation]

Pārivārtān

Newsletter of Change Makers For A Better Tomorrow



A joint initiative of



Foundation for Child Aid

&



Vol- I | Issue – 02 | January – March 2014

CHANGE MAKERS FOR A BETTER TOMORROW / ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಾಕಾರರು

Second Orientation Retreat for Members of the Third Batch

17th to 19th January 2014

Venue:

Shree Gopalkrishna Temple,
Gorey, Kumta, and
Shree Mahishasura Mardhini
Temple, Gudballi, 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 & the 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.

THE SECOND CAMP

The letter informing us about the second Orientation Retreat arrived. We were looking forward to attend the camp and meet up with our newly acquired friends. This time the venue was Kumta.

A school bus of KWT picked us up from the Kumta bus station and took us to the beautiful temple of Shree Mahishasura Mardhini in Gudballi. Our accommodation was arranged here and we had some time to look around the premises before we partook in the hearty breakfast of steaming hot *idli-sambhar*. The registration and other formalities were soon completed. We received the copy of our first newsletter, *Parivartan*, and were very happy to see our names and pictures in print.

The venue of the sessions was at another place, Shree Gopalkrishna Temple at Gorey. An ancient but well-maintained temple, we prayed here and recited the *Sankalpa* led by Prof. M.S.Habbu. The first session began soon after the inauguration.

OPENING SESSION – DAY ONE

Shri Muralidhar Prabhu, an industrialist from Kumta, spoke to us on the topic of "**Entrepreneurship**". Being an entrepreneur himself, he took us to a world of limitless possibilities. Citing examples of Bill Gates, Narayan Murthy, Dhirubhai Ambani, R.N.Shetty, etc. he asked us to aim for a higher goal in life. An adventurous attitude, a prudent & analytical mind, patience and hard work were the qualities required to develop an entrepreneurial mind. He quoted Dr. Radhakrishna, who said that "Life is a deck of cards. We have to make the best with the cards dealt to us."

Shri S.P.Kamat & his wife joined us in the meanwhile and all of us sat together for a sumptuous lunch. We recited the prayer of Goddess *Annapoorneshwari* before we commenced eating.



Presented by Team CMG

www.krugerfoundation.org

www.kwtankola.com

kwtankola@gmail.com

OPENING SESSION – DAY ONE

Prof. M.S.Habbu threw light upon the subject of “Superstitions”. He explained the difference between beliefs, disbeliefs and blind faith with various examples. He traced the causes for superstitions and advocated rational thinking to do away with superstitions. We put forth some interesting and whimsical questions to him as most of us have encountered superstitious behaviour in one or the other way.

Prof. V.R.Vernekar conducted live practical experiments to show us how things that we use everyday actually work. Each of us was quizzed on various Science topics and most of us answered correctly. He demonstrated some chemical experiments and gave brief explanations on them. This session was academically very useful to us as some of our schools did not possess laboratories.

Shri S.P.Kamat Sir and his wife **Smt. Shreelata** addressed us after a short tea-break. We soon had a change of scene as the venue shifted to the nearby Dhareshwar sea-shore. We were taken very comfortably in the school bus and all of us jumped with joy as soon as we sighted the beach. We assembled in a circle with the Kamat couple in the middle. Typically, the topics were quite unusual, meandering from one area of life to another. Shreelata Aai talked to us about good and kindred spirits who help us to fulfil some necessary but uncompleted tasks. Kamat Sir took us around the Universe and beyond ending his talk with an advice to maintain a positive outlook towards life. We carry their message with us deeply rooted in our hearts and minds.

It was time for the evening prayers when we returned to our lodgings at the temple. Special *puja* and *aartis* were offered to the Goddess **Mahishasura Mardhini**. Being a Friday, it was also the day of the *Shakti Devate*. We prayed and sought Her blessings. After a delicious dinner, we retired for the night.



MORNING SESSION – DAY TWO



The early morning sessions commenced with Yoga. **Shri Shivanna Savadi**, our yoga instructor, helped us recollect the lessons we learnt in the first camp. He also gave us some new *asanas* to practice. The early morning climate and the cool & calm surroundings helped us to delve deeper into the process.

Shri Prabhu M., a journalist from Karwar, tested our general knowledge and civic sense by posing some queries on everyday events and incidents which take place in our society and the world at large. He asked us to read at least one newspaper every day, especially the editorial section and letters to the editor which appear in the middle. These articles and views give us an idea about what is happening around us and how we are affected. He also illustrated the importance of RTI – Right to Information Act and the proper utilization of it in helping us solve our problems at the administration level.



Swami Shri Ambikanandpuri Maharaj addressed us on, “Life and Message of Swami Vivekanand”. His sermon on Swami Vivekanand and his teachings totally mesmerised us. He asked us to live in harmony with Nature and with each other. The world can be a better place only when we are positively oriented towards it. By way of a wonderful experiment involving coloured water, he showed us the influences of positivity and negativity in our life.

Later, he distributed a very special notebook to us with his blessings. This book will serve our purpose till the original Golden Book is made available to us. In *Shiv Yog*, all *saadhaks* must have a GOLDEN BOOK. The Golden Book is the book where one writes his own destiny. By doing *saadhana* with the Golden Book, one materializes all that one has written in the book, in brief, materializes all that one wants in life. We were explained the correct way to write down our desires in the Golden Book.

Prof. G.V.Bhat, Trustee of KWT, addressed us briefly. The gentleman was very enthusiastic and we liked him for it. This session was followed by lunch. We relaxed for some time and later assembled to hear the next speaker.

Shri Vinod Hegde guided us with “Initial Steps in Conversational English”. Most of us from Kannada medium schools were not very conversant with day-to-day English sentences. Shri Hegde gave sufficient pointers to enable us to construct and speak simple English sentences, either by way of greeting or making small talk. A few of us also conducted a dialogue as an example.

Shri Nagapati Hegde spoke to us on “Sculpting our Destiny”. He told us to base our founding years on sound moral and social values. His speech was peppered with humorous anecdotes.

Smt. Bharati Hegde conducted a session on Hindustani Classical Music. She was assisted by her team of two – **Shri N.G.Hegde** on the tabla and **Shri Vasudev Tamankar** on the harmonium. Initially, she explained the difference between Hindustani and Carnatic music. Thereafter, she went on to explain about the ragas, swaras, etc. With a live performance on the various aspects of classical music, she enthralled the participants. As this was the first exposure to music for most of us change makers, it was a highlight of this particular camp. We enjoyed the session which lasted for a couple of hours.

We utilized the time after dinner to write our diary and retired for the night.



FINAL SESSION – DAY THREE

After yoga, we assembled for the concluding session which was the Change Makers Session. The organizers provided us with an opportunity to lend voice to our views. We thanked all the resource persons who addressed us in this 3-day camp and also thanked our caretakers. On behalf of the organizers, we also thank Shri Nagaraj Shet, Shri Sachin Naik, Shri Ramadas Raikar, Shri Ashok Raikar, Shri Gajanan Raikar and Shri Venkatesh Shet, who were instrumental in the smooth conduct of the camp. The members of Change Makers for a Better Tomorrow are grateful to Kruger Foundation for Child Aid and Kanara Welfare Trust for initiating this unique project and making us a part of it.



INDIVIDUAL FEEDBACK



Aditya Yajl

Our Change Makers Group is like a legion of soldiers who are ready to change the society, town, and eventually the world. My grateful thanks to late Dr. Dinkar Desai, Shri S.P.Kamat, Shri Christian Kruger and all concerned who have been instrumental in the formation of this group.



Ankita Hegde

Today, we have an extended family in Kanara Welfare Trust and Kruger Foundation and all the people associated with them. My suggestion is to please conduct some entertainment programs and competitive activities where we can show our individual talents.



Deepthi Nayak

I was apprehensive that I may miss the notes of our class. These notes I could always copy, but the exceptional spiritual, mental and intellectual knowledge given by our camp teachers cannot be replicated in the classroom. Our imaginations are prolific grounds, where these kinds of lectures play the role of earthworms. They enrich the fertility and help young plants like us to germinate into a strong and robust tree. Apart from understanding the behaviour of my friends, I also learned more about myself in this camp. A robber who listens to a philosopher will undergo a change in his attitude. Just imagine how young and impressive buds like us will improve by this journey.



Namrata Hegde

'Everything sticks to a wet wall.' The good and noble things imparted by our speakers will remain etched in our minds. The *'Shastriya Sangeeta'* event was a novel experience and touched our hearts. I will share my camp experiences with all my friends.



Nidhishree Kawri

Just as there are different seasons in the year, in our life also, there are different experiences, opportunities and chances. *Please, please, please.... I request the organizers to conduct competitions like dance, song, games, etc. in our next camps. It will be ok even if no prizes are awarded.*



Saurabh Halgekar

Our mothers feed us with food. Here our respected teachers feed our mind with knowledge and stunning ideas. I would request the organizers to help us know more about our Uttar Kannada District through these camps.



Sheshank Kindalkar

For me, this camp was like a video game, where the objective was to *'grab the knowledge'*. The canvas area was vast and included the entire galaxy. Kindly move the activities to a higher level by increasing the topics covered. One request is for provision of chairs as sitting for long hours makes our legs to ache.



Shivani Gaonkar

We were freer and more open with each other in this second camp. All of us communicated with more enthusiasm, energy and excitement. We got some new ideas to share and debate with others. *'Always learn something from everyone because no one person knows everything, but everyone knows something.'*



Shivani Shetti

There will be tremendous changes during our teenage years. This project will definitely guide us in the correct path. I am very thankful to all the resource persons who taught us all the good things. Special thanks to each and every person who took utmost care of us in the camp.



Shweta Ram

As soon as we entered the camp premises, we felt a kind of power entering us. We all are indeed blessed, as we got a chance to participate in the activities of the camp, that too, in front of the Almighty! We were totally involved in the activities.



Snehal Naik

The project *'Change Makers for a Better Tomorrow'* is aiming to build a positive mindset in us teenagers. Thanks to Kruger Foundation and Kanara Welfare Trust for paving the way for our development. It would be very nice if some competitive events are also held during the camps.



Arvind Shastri

ಈ ಶಿಬಿರವು ಎಲ್ಲ ವಿದ್ಯಾರ್ಥಿಗಳ ಜೀವನೋಪಾಯ. ಅದರ ಜೊತೆಗೆ ಅವರ ಬುದ್ಧಿಮಟ್ಟ, ತತ್ವಜ್ಞಾನ ಇತರೆ ಸಮನ್ವಯತೆಗಳಿಗೆ ಒಂದು ದಾರಿ ದೀಪವಾಗಿ ಇಡೀ ಜೀವನದ ತುತ್ತ ತುದಿಯ ಘಟ್ಟದವರೆಗೂ ಆತನಿಗೊಂದು ಮಾರ್ಗದರ್ಶಕನಂತೆ ಆತನನ್ನು ಒಳ್ಳೆಯ ದಾರಿಯಲ್ಲಿ ಕರೆದೊಯ್ಯುವುದೇ ವಿನಃ ಕೆಟ್ಟ ದಾರಿ, ವಿಷಯ, ಆಲೋಚನೆಯತ್ತಲ್ಲ.



Bhaskar Patgar

ಈ ಶಿಬಿರವು ಒಂದು ಮನಸ್ಸಿನ ಅಥವಾ ದೇಹದಲ್ಲಿನ ಪ್ರತಿಭೆಯನ್ನು ಹೊರಹೊಮ್ಮಿಸಲು ಸಹಕಾರಿಯಾಗುತ್ತದೆ. ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಾಗಾರರು ಸಮಾಜದ ಪರಿವರ್ತನೆ ಮಾಡುತ್ತದೆ. ಆದರೆ ಅದಕ್ಕಿಂತ ಮೊದಲು ನಾವು ಪರಿವರ್ತನೆಯಾಗಬೇಕು. ಇದರಿಂದ ನಾವು ಮುಂದೆ ಈ ಸಮಾಜದಲ್ಲಿ ಎನಾಗಬೇಕೆಂಬ ಸೂಚನೆಯನ್ನು ನೀಡುತ್ತದೆ.



Ganesh Naik

ಆಕಾಶದಲ್ಲಿ ಮೋಡಗಳು ಹೇಗೆ ಚಲಿಸುತ್ತವೆಯೋ, ನಕ್ಷತ್ರಗಳು ಹೇಗೆ ಬೆಳಕನ್ನು ಪ್ರತಿಬಿಂಬಿಸುತ್ತವೆಯೋ, ಹಾಗೆಯೇ ನಾವು ಸಹ ನಮ್ಮ ಜ್ಞಾನವನ್ನು ಅದರಷ್ಟೆಯೇ ವೇಗವಾಗಿ, ನಮ್ಮ ಪ್ರತಿಭೆ ಇಡೀ ವಿಶ್ವದಲ್ಲಿಯೇ ಪ್ರತಿಬಿಂಬಿಸಲು ಸಾಧ್ಯವಾಗುವಂತೆ ಮಾಡಿದ ಈ ಎರಡು ಸಂಸ್ಥೆಗಳು ಇನ್ನು ಅಭಿವೃದ್ಧಿ ಹೊಂದಿ ಅನೇಕ ವಿದ್ಯಾರ್ಥಿಗಳ ಕತ್ತಲಿನ ಬಾಳಿಗೆ ದಾರಿ ದೀಪವಾಗಲೆಂದು ಆಶಿಸುತ್ತೇನೆ.



H D Chinmayi

ಈ ಶಿಬಿರಗಳಿಂದ ನಮ್ಮಲ್ಲಿ ಬದಲಾವಣೆಗಳಾಗಿವೆ. ನಮ್ಮಲ್ಲಿ ಕಷ್ಟ ಸಹಿಷ್ಣುತೆ, ಮನೋಸ್ಥೈರ್ಯ, ಏಕಾಗ್ರತೆಗಳು ಅಂಕುರಿಸಿವೆ. ಇದರಿಂದ ನಮ್ಮನ್ನು ಬದಲಾಯಿಸಿಕೊಳ್ಳಲು ಬೇಕಾದಂತಹ ಒಂದು ಶಕ್ತಿ ಸಿಕ್ಕಿದೆ. ನಮಗೆ ಶಾಲೆಯಲ್ಲಿ ಮಾಡುವ ಪಾಠಕ್ಕಿಂತ ಇಲ್ಲಿ ಮಾಡುವ ಪಾಠ, ಉಪನ್ಯಾಸ ನಮ್ಮ ಮನಸ್ಸಿನ ಮೇಲೆ ತುಂಬ ಪ್ರಭಾವ ಬೀರುತ್ತದೆ. ಈ ಶಿಬಿರದ ಮೂಲಕ ನಮ್ಮ ಒಳಗೆ ಅಡಿಗಿರುವ ಪ್ರತಿಭೆಯನ್ನು ಹೊರಹೊಮ್ಮಿಸಬಹುದು.



Harshita Naik

“ತನಗಾಗಿ ಮಾಡುವದು ಮಣ್ಣಲ್ಲಿ ಮಣ್ಣಾಗಿ ಹೋಗುವದು! ಆದರೆ ಪರರಿಗಾಗಿ ಮಾಡುವದು ಶಾಶ್ವತ ಉಳಿಯುವದು” ಎಂಬ ಮಾತು ಏಷ್ಟೊಂದು ಚಿಂದ. ಕ್ರೂಗರ್ ಫೌಂಡೇಶನ್ ಮತ್ತು ಕೆನರಾ ವೆಲ್‌ಪೆರ್ ಟ್ರಸ್ಟ್ ಬೆರೆಯವರ ಅನುಕೂಲಕ್ಕಾಗಿ ದುಡಿಯುತ್ತಿದ್ದಾರೆ ಎಂಬುವದನ್ನು ಮಕ್ಕಳು ತಮ್ಮನ್ನು ಪರಿವರ್ತನೆ ಮಾಡಿಕೊಂಡು ನಂತರ ತಮ್ಮ ಮನೆಯನ್ನು ಪರಿವರ್ತನೆ ಮಾಡಿ, ನಂತರ ಊರು, ಸಮಾಜ ಪರಿವರ್ತನೆ ಮಾಡಬೇಕೆಂಬುದು ಇದರ ಉದ್ದೇಶವಾಗಿದೆ.



Kiran J Naik

ಹೂವು ಎಂಬ ವಿಷಯವನ್ನು ಜೇನು ನೋಣವೆಂಬ ನಾವು ಮಕ್ಕಳು ವಿಷಯದ ಮಕರಂದವನ್ನು ಹೀರಿ, ನಮ್ಮನ್ನು ಶುದ್ಧೀಕರಿಸಿಕೊಂಡು ಇನ್ನೊಬ್ಬರಿಗೆ ಹಂಚುವುದೇ ನಮಗಿರುವ ಕೆಲಸ. ಈ ಕೆಲಸವನ್ನು ಮಾಡುವುದು ಹೇಗೆಂದು ಹೇಳುವವರು ಕ್ರೂಗರ್ ಫೌಂಡೇಶನ್ ಮತ್ತು ಕೆನರಾ ವೆಲ್‌ಪೆರ್ ಟ್ರಸ್ಟ್. ಈ ಶಿಬಿರದಿಂದಾಗಿ ಮಕ್ಕಳಲ್ಲಿನ ಮನೋಸ್ಥೈರ್ಯ ಹೆಚ್ಚುತ್ತಾದರೂ ಜ್ಞಾನದ ಹೊಳೆಯೇ ಹರಿಯುತ್ತದೆ. ಕೆಲವು ವಿಷಯಗಳನ್ನು ನೈಸರ್ಗಿಕ ತಾಣದಲ್ಲಿ ಕುಳಿತು ಕೇಳುವುದರಿಂದ ಪರಿಸರದ ಗಮ್ಯತೆ ಹೆಚ್ಚಿ ಮನಸ್ಸಿಗೆ ಮೂದ ನೀಡುತ್ತದೆ. ಅಂಥ ಪರಿಸರದಲ್ಲಿ ಹೇಲುವುದನ್ನು ಕೇಳುವುದರಿಂದ ಮನದಲ್ಲಿ ಶಬ್ದವು ಗಟ್ಟಿಯಾಗಿ ನಾವು ಉತ್ತಮ ಪರಿವರ್ತನೆಗಾರರಾಗಿ ಬೆಳೆಯುವದು ಶತಸಿದ್ಧ.



Shilpa Siddeshwar

ನಮ್ಮ ಶಿಬಿರಗಳಲ್ಲಿ ಬೆಳಗಿನಿಂದ ರಾತ್ರಿಯವರೆಗೆ ಮಾನಸಿಕವಾದ ಕ್ರಿಯೆ ನಡೆಯುತ್ತದೆ. ಯೋಗ ಒಂದು ದೈಹಿಕ ವ್ಯಾಯಾಮ, ಅದಲ್ಲದೇ, ಒಂದಿಷ್ಟು ಹೊರಾಂಗಣ ಆಟಗಳನ್ನು ಆಡಿಸಿ ಎಂಬುದು ನನ್ನದೊಂದು ವಿನಂತಿ. ಬೇರೆ ಬೇರೆ ಕ್ಷೇತ್ರದಲ್ಲಿ ಪರಿಣತಿ ಹೊಂದಿರುವವರನ್ನು ಕರೆಸುವುದರ ಜೊತೆಗೆ ನಮಗೂ ಅವಕಾಶ ಕೊಡಬೇಕೆಂಬುದು ನನ್ನ ಅಭಿಪ್ರಾಯ.



Sushmita Kharvi

ಈ ಪರಿವರ್ತನಾಗಾರ ಮನಸ್ಸು ಮಂಗನಂತೆ ಚಂಚಲತೆಯಿಂದ ಕೂಡಿದೆ. ನಾವು ಮುಂದು ಏನಾಗುತ್ತೇವೆ, ಏನಾಗಬಹುದು ಎಂಬ ಚಿಂತನೆ ನಮ್ಮ ಮನಸ್ಸಿನಲ್ಲಿ ಕಾಡುತ್ತದೆ ಮತ್ತು ಇದೇ ಕನಸು ನಮ್ಮ ಜೀವನವನ್ನು ಬದಲಾಯಿಸಿಬಿಡುತ್ತದೆ. ಚಿಕ್ಕ ವಯಸ್ಸಿನಲ್ಲಿ ಪ್ರಯತ್ನ ಮಾಡಿದರೆ ನಮಗೆ ಒಂದೆಲ್ಲ ಒಂದು ದಿನ ಫಲ ಸಿಗುತ್ತದೆ.



Swati Hegde

“ಬೆಳೆಯುವ ಸಿರಿಯ ಮೊಳಕೆಯಲ್ಲಿ ಕಾಣು” ಎಂಬ ಮಾತು ಎಲ್ಲರಿಗೂ ಗೊತ್ತು. ಕ್ರೂಗರ್ ಫೌಂಡೇಶನ್ ಮತ್ತು ಕೆನರಾ ವೆಲ್‌ಪೆರ್ ಟ್ರಸ್ಟ್ ಹಮ್ಮಿಕೊಂಡಿರುವ “ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನೆಗಾರರು” ಎಂಬ ಮಹಾ ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಿದ್ದಾರೆ. ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಅವರು ಇಂತಹ ಬೆಳೆಯುವ ಸಿರಿಯನ್ನು ಇಡಿ ಉತ್ತರ ಕನ್ನಡದಿಂದ ಆರಿಸಿ ಅವರಿಗೆ ಪ್ರೋತ್ಸಹ ಹಾಗೂ ಮಾರ್ಗದರ್ಶನ ನೀಡುತ್ತಿದೆ. ಶಾಲೆಯಲ್ಲಿ ಸಿಗದ ಶಿಕ್ಷಣವನ್ನು ಈ ಶಿಬಿರದಲ್ಲಿ ಸಿಕ್ಕಿದೆ. ನಮ್ಮ ಪ್ರತಿಭೆಯನ್ನು ಹೊರಹಾಕಲು ಇದು ಉತ್ತಮ ವೇದಿಕೆ. ಇಲ್ಲಿನ ಉಪನ್ಯಾಸ ಮತ್ತು ಮಾರ್ಗದರ್ಶನದಿಂದ ವಿದ್ಯಾರ್ಥಿಗಳಲ್ಲಿ ಬದಲಾವಣೆ ತರುವುದು ಖಂಡಿತ.



Tarun Ganiger

“ಮನುಷ್ಯನಿಗೆ ಹುಟ್ಟುವಾಗ ಉಸಿರು ಇರುತ್ತದೆ, ಹೆಸರು ಇರುವುದಿಲ್ಲ. ಸಾಯುವಾಗ ಹೆಸರು ಇರುತ್ತದೆ, ಆದರೆ ಉಸಿರು ಇರುವುದಿಲ್ಲ.” ಆ ಉಸಿರು-ಹೆಸರಿನ ನಡುವಿನ ಅಂತರವೇ ಜೀವನ. ಎಲ್ಲ ಜೀವಿಗಳಲ್ಲಿ ಶ್ರೇಷ್ಠ ಜೀವಿ ಎನಿಸಿಕೊಂಡ ಮಾನವನ ಜೀವನ ಕಸ್ತೂರಿ ಮೃಗಕ್ಕೆ ಹೋಲಿಸಬಹುದು. ಕಸ್ತೂರಿ ಮೃಗ ತನ್ನ ಜೀವನ ಇಡೀ ಕಸ್ತೂರಿಯ ಸುಗಂಧದ ಸಲುವಾಗಿ ಇಡೀ ಕಾಡನ್ನೇ ಸುತ್ತಾಡುತ್ತದೆ. ಆದರೆ, ಆ ಕಸ್ತೂರಿ ತನ್ನಲ್ಲಿಯೇ ಇದೆ ಎನ್ನುವ ಸತ್ಯ ಅರಿವಿಲ್ಲದೆ ನಿರಾಶೆಗೊಳ್ಳುತ್ತದೆ. ಅದೇ ರೀತಿ, ಮನುಷ್ಯನಿಗೂ ಆ ದೇವರು ಹುಟ್ಟುವಾಗಲೇ ಆ ಶಕ್ತಿಯನ್ನು ನೀಡಿರುತ್ತಾನೆ. ಆದರೆ ಮನುಷ್ಯ ಅದರ ಅರಿವಿಲ್ಲದೆ, ಆಸ್ತಿ-ಅಂತ್ಯಗೊಸ್ಕರ ಪರದಾಡಿ, ಮಾಡಬಾರದಂತಹ ತಪ್ಪುಗಳನ್ನು ಮಾಡುತ್ತಾನೆ. ಅದರ ಬದಲು ಅರಿವಿನ ದರ್ಶನ ಪಡೆಯಲು ಪ್ರಯತ್ನಿಸಬೇಕು. ಹಲವಾರು ಒಳ್ಳೆಯ ಗುಣಗಳನ್ನು ನಮದಾಗಿಸಿಕೊಳ್ಳಬೇಕು. ಅದಕ್ಕಾಗಿಯೇ ಕ್ರೂಗರ್ ಫೌಂಡೇಶನ್ ಮತ್ತು ಕೆನರಾ ವೆಲ್‌ಪೆರ್ ಟ್ರಸ್ಟ್ ಎಂಬ ಸಂಸ್ಥೆಗಳು ಬೆಳವಣಿಗೆಯ ನಮ್ಮ ಜೀವನದಲ್ಲಿ ಪರಿವರ್ತನೆ ಆಗಬೇಕೆಂದು ಬಯಸಿದ್ದಾರೆ.



Vaibhavi Bhat

ಹುಟ್ಟು ಮತ್ತು ಸಾವಿನ ನಡುವೆ ಇರುವ ಅಂತರವೇ ಜೀವನ. ಸುಖ-ದುಃಖ, ನೋವು-ನಲಿವು ಎಂಬ ನವರಸಗಳನ್ನು ಒಳಗೊಂಡಿರುವ ಈ ಜೀವನವೆಂಬ ದೋಣಿಯನ್ನು ನಡೆಸಲು ನಮಗೆ ಜ್ಞಾನ, ಅರಿವು, ಸಂಸ್ಕೃತಿ, ಸಂಪ್ರದಾಯ, ಆಚಾರ, ವಿಚಾರಗಳ ಬಗ್ಗೆ ಮಾಹಿತಿ ಬೇಕೆ ಬೇಕು. ಹೀಗಾಗಿ ಈ ಶಿಬಿರವು ನಮಗೆ ತಿಳುವಳಿಕೆ ನೀಡುತ್ತ, ಜೀವನದ ಗುರಿಯನ್ನು ತೋರಿಸುತ್ತ, ನಮ್ಮ ಜ್ಞಾನದ ಹಸಿವನ್ನು ನೀಗಿಸುತ್ತ, ಅದರ ಜೊತೆಗೆ ಸಂಗೀತ, ಹವ್ಯಾಸಗಳಂತಹ ಮನೋರಂಜನೆಗಳನ್ನು ನೀಡಿ ಪರಿವರ್ತನೆಗಾರರನ್ನಾಗಿ ಮಾಡಲು ಶ್ರಮಿಸುತ್ತಿದೆ.



Vinayak Nalk

ಈ ಶಿಬಿರಗಳು ವಿದ್ಯಾರ್ಥಿ ಒಳಗಿನ ಪ್ರತಿಭೆಯನ್ನು ಹೊರಹೊಮ್ಮಿಸಲು ಸಹಕಾರಿಯಾಗುತ್ತದೆ. ಈ ಶಿಬಿರಗಳಿಂದಾಗಿ ಮಾನವನಲ್ಲಿ ಬರಬೇಕಾದ ಹಾಗೂ ಇರಬೇಕಾದ ನೈತಿಕ ಮೌಲ್ಯಗಳನ್ನು ಹಾಗೂ ಗುಣಗಳನ್ನು ಅಳವಡಿಸಿಕೊಳ್ಳಲು ತುಂಬ ಸಹಾಯಕವಾಗಿದೆ.

From the Chairman's Desk

The World is going through an ostensible state of turmoil attributable to people's narrowness, superstitions, bigotry, corruption, personal greed and prejudices. Though this may appear to be a realistic assessment, I feel, there is, another equally important factor which is playing an important role in this situation i.e. the changes in the natural setting of the "Earth Phenomena" which is creating a deep impact on the Human mind and the Human behavior. Ultimately it is the mind of the man alone which determines the process of growth and evolution.

Since last one year, the Earth is moving into a fourth dimensional experience. It is said that the vibratory frequency of the Planet Earth is in the process of doubling in the course of time and the beginning has already happened. This phenomenon is likely to affect the Human emotions which are likely to get magnified from whatever the level that they are in a given human

being. It will, in turn, impact the psyche of the individual human being. This in turn will deepen the human emotions or feelings – negative or positive.

This, therefore, is likely to lead to consequences which are not healthy if the person concerned is negatively oriented.

Therefore the need of the hour is to train up our minds for positive orientation and get rid of the negative influences and impressions that the mind is gripped with.

Our education therefore has to focus on creating positive minded young men and women who can transcend the narrow ideas of caste, creed, religion and decide to become fearless fighters for the values which cherish Life and help human beings to evolve and grow.



Kruger Foundation for Child Aid, Karwar, and 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.

Project '**Change Makers for a Better Tomorrow**' focuses on developing positively oriented mindsets in teenage children. Along with attending the Orientation Retreats held quarterly, the candidates are also entitled to receive Rs.500/- per month as special incentive for a duration of 3 years.

WHY 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.

These students are brought together every 3 months for a special camp wherein they are imparted with thought-provoking and holistic training from various experts from different fields. Two batches (of 3 years each) of the project have already been completed. Now the third batch consisting of 60 members has already participated in two Orientation Retreats.

Greetings from the Organizing Team

Our entire office and a group of our teachers have been actively associated with the Change Makers Project since its inception in 2007. This is the third batch of students who have been incorporated in this project. The selection process involves identifying that spark in the mind of the child which has the potential for being ignited further.

We have seen these selected children grow and develop during the duration of their time with us. We have the satisfaction of knowing that the teachings and values imparted to them in the Orientation Camps have had a holistic impact on them and have left an indelible imprint in their minds. Their outlook towards life is positive and hopeful.

We hope that as and when they are able, they would contribute in building a more positively oriented society which is what the world desperately needs in these altering times.

We take this medium to convey our thanks to all the people who have helped us in this novel project. Along with the children, we too have grown inwardly. The Change Makers Project has been a very constructive influence in our lives also.

Our team is ever excited to organize and conduct the next Orientation Camp. This newsletter will keep you posted on our activities.

- **K.V.Shetti**, *Administrative Officer, KWT*



Madhav Kamat



S P Kamat



Christian Krüger



Devadatt Kamat



Shreelata S Kamat



G V Bhat



K V Shetti



LM Prabhu



Vishnu Naik



Mohan S Habbu



V R Vemkar



Ravindra V Koni



Prashant N Rao



Raju G Naik



Meenaxi M Naik



Michael Dias



Aditya Yaji



Akshata Naik



Ankita Hegde



Arvind Shastri



Ashish Bhat



Bhaskar Patgar



Deeksha Patgar



Deepika Shastri



Deepti Nayak



Deepti Naik



Divya Bhat



Ganesh Gouda



Ganesh Naik



Gautam Nayak



Gurumurti Hegde



H D Chinmayi



Harshita Naik



Indrabai Kallimani



Kartik Nayak



Kavya Hegde



Kiran I Naik



Kiran J Naik



Komal Devanand



Krupa Naik



Lohit Naik



M N Vikas



Manasa Naik



Manjula Gowda



Nagalaxmi Patgar



Namrata Hegde



Nidhishree Kawri



Pooja Naik



Pramod Bhat



Radhika Bhat



Rajashri Naik



Raksha Hosmane



Ranjita Naik



Rashmi Naik



Sahana Gaonkar



Sandeep Bhandari



Sangeetha B H



Saurabh Halgekar



Sharat Gouda



Sheshank Kindelkar



Shilpa Siddeshwar



Shivani Gaonkar



Shivani Shetti



Shweta Ram



Siddhivinayak Hegde



Sneha Gouda



Snehal Naik



Suchiket Gaonkar



Sudha Lingam



Sushmita Kharvi



Swati Hegde



Tarun Ganiger



Vaibhavi Bhat



Vibha Bhat



Vinayak Naik



Vineet C V

CHANGE MAKERS FOR A BETTER TOMORROW-III

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