

**KRUGER FOUNDATION FOR CHILD AID,
KARWAR
AND
KANARA WELFARE TRUST, ANKOLA**

**PROJECT CHANGE MAKERS
FOR A BETTER TOMORROW - II**

FIRST ORIENTATION RETREAT

22nd to 23rd of OCTOBER 2010

Subject of the Retreat:
ART OF LIVING

Place:
Gokhale Centenary College, Ankola

A BRIEF REPORT

1st Orientation Retreat**Camp held on 22nd and 23rd October 2010****Venue: Gokhale Centenary College, Ankola**

The Orientation Course for the second batch of students selected to form the Change Makers Group was organized in the premises of the Gokhale Centenary College on 22nd and 23rd October 2010. Fifty fresh entrants belonging to VIII standard were enrolled for the course.

Day One – 22nd October 2010, Friday

Participants started arriving at Gokhale Centenary College, Ankola from 9.00 a.m. Registration commenced simultaneously. Journey tickets were collected and their signatures were obtained on the register. A copy of the camp schedule and identity card were provided to each participant. All the 50 candidates participated in the camp. Accommodation was provided in the Gokhale Centenary College premises to the boys and girls separately.

10.00 a.m. to 11.30 a.m. – Breakfast**11.30 a.m. to 1.30 p.m.**

The Course was inaugurated at 12.00 noon jointly by the resource persons and the student participants by lighting the lamp. This was followed by the recitation of *Sankalpa* (resolution) and Prayer. Shri Vishnu Naik, one of the resource persons, gave the details of the course. Shri Krishnanand Shetti, Administrative Officer, Kanara Welfare Trust, highlighted the rules and regulations of the project to the CMG members.

Prof. Mohan Habbu spoke on the 'Essence of Religion'. He argued that all the religions of the world are based on the same basic tenets aiming the peace and welfare of the

mankind. Quoting Upanishads, the Holy Quran and the Holy Bible, he said that, essentially, all religions advocate the same values conducive for peaceful coexistence.

The discourse was followed by discussion by the participants.

1.30 p.m. to 2.30 p.m. – Lunch break.

2.30 p.m. to 4.30 p.m.

In the afternoon session, Shri Ravindra Keni spoke on the subject, “Towards Perfect Living’. Mr.Keni emphasized that, in order to make our life perfect, one has to acquire good human values. Man is a part of the society and, hence, his conduct should be such as to help in building a society devoid of hatred, acrimony and ill- will.

Shri Vishnu Naik spoke on ‘The Positive Attitude’. Citing the poem written by himself on Kalpana Chawla, astronaut who died while returning to the earth in a spaceship, Mr.Naik stressed the need for a role model to follow the right path in the course of life.

4.30 p.m. to 5.00 p.m. – Tea break.

5.00 p.m. to 6.30 p.m.

During the last session of the day, the participants had an hour-long interaction with the Hon’ble Chairman of the Kanara Welfare Trust, Shri S.P.Kamat. In his talk to the student participants, he said that firm conviction and incessant effort towards the goal only would bring success in life. Quoting several instances, he elaborated at length on how to develop human values for a better and meaningful life.

The session ended with common prayer at 7.00 p.m.

8.00 p.m. to 9.00 p.m. – Supper

9.00 p.m. to 9.30 p.m. – Diary Writing

Day Two – 23rd October 2010, Saturday

7.30 a.m. to 9.00 a.m.

The day started with a Yoga Session under the leadership of Guru Shri Vaman Gaonkar. The participants were taught about 'Pranayam', meditation techniques and other simple exercises.

9.00 a.m. to 10.00 a.m. – Breakfast

10.00 a.m. to 1.00 p.m.

After breakfast, all the participants gathered in the UGC Hall. The session began at 10.00 a.m. with prayer. After this, there was a three hour-interaction session of the participants in the presence of the Resource persons. 10 to 15 candidates actively participated in the discussion.

1.00 a.m. to 2.30 a.m. – Lunch Break

The participants started their homeward journey after lunch.

The total expenditure of the two day camp including accommodation, transportation, food, equipment and other expenses amounted to Rs.19472/- (Rupees Nineteen thousand four hundred seventy two only).
