

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

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

SECOND ORIENTATION RETREAT

5th to 7th of FEBRUARY 2011

Subject of the Retreat:
ART OF LIVING

Place:
Sanskrit Pathashala, Kekkar, Kumta

A BRIEF REPORT

2nd Orientation Retreat**Camp held on 5th, 6th and 7th February 2011****Venue: Sanskrit Pathashala, Kekkar, Kumta**

The second Orientation Course for the second batch of students of Change Makers Group was organized in the premises of the Sanskrit Pathashala, Kekkar, Kumta, from 5th to 7th February 2011.

Day One – 5th February 2011, Saturday

Participants started arriving at Kumta bus stand from 9.30 a.m. Arrangement was made to pick them up and take them to the camp place which is about 14 km. from Kumta. Registration commenced upon arrival. Journey tickets were collected and their signatures were obtained on the register. A copy of the camp schedule and permanent identity card was provided to each participant. 49 CMG members (22 boys & 27 girls) participated in the camp. Accommodation was provided in the Sanskrit Pathashala premises to the boys and girls separately. Staff members and student volunteers from our nearby Janata Vidyalaya, Kadтока, were also present to render help and assistance.

10.30 a.m. to 11.00 a.m. – Light Refreshment was served.

12.00 noon

The second camp was formally inaugurated at 12.00 noon jointly by the resource persons and the student participants by lighting the traditional lamp. This was followed by the recitation of *Sankalpa* (resolution) by Prof. M.S.Habbu and common prayer thereafter. Shri Vishnu Naik, one of the resource persons, outlined the details of the camp schedule.

Shri Krishnanand Shetti, Administrative Officer, Kanara Welfare Trust, gave instructions to the CMG members. Prin. G.V.Bhat, Trustee of Kanara Welfare Trust, was present and he also addressed the CMG members. Shri Shambhu Bhat of Sanskrit Pathshala and Shri Bhimraj, Principal of Janata Vidyalaya, Kadтока, also spoke on the occasion.

1.30 p.m. to 2.30 p.m. – Lunch break.

2.30 p.m. to 3.30 p.m.

In this session, Prof. Mohan Habbu shared with the participants his views on “Scientific Attitude”. He said that the essence of Science is the search for Truth. This

quest starts with the questions – ‘what’, ‘how’ and ‘why’. A person who is open in his thoughts to any issue, situation and problems may be considered to be having scientific attitude. A scientist should have rational thinking and should, after due thinking, arrive at logical conclusions. There should be no ambiguity in this thought process. A person with scientific attitude views a situation objectively and makes efforts to arrive at right and exact results. Prof. Habbu explained his views quoting a number of examples from the field of science. The discourse was followed by discussion by the participants.

3.30 p.m. to 4.30 p.m.

In the next session, Shri G.R.Bhat Dharmashala spoke on the subject, “Use of Science in Day-to-Day Life”. He explained how science plays a major role in our everyday life. Most of the time, we don’t observe the role that science plays in our normal and routine activities. He gave the examples of eco-fuels, solar ovens, how to view solar eclipses, the components of ORT, washing soda, preservatives used in preserving pickles, fish & other food items. He also gave the reason behind wet clothes drying faster in summer. The CMG members put forth various queries to which he gave satisfactory answers with the help of further examples. The response of the CMG members was good.

4.30 p.m. to 5.00 p.m. – Break for Refreshment

5.00 p.m. to 5.30 p.m.

Shri Vishnu Naik addressed the CMG members during this period which was called as “Poet’s Time”. He gave the definition of a poet in the true sense. He stressed the need for observation of our surroundings and nature which we tend to ignore. He also touched the subject of blind beliefs and superstitions plaguing today’s world which has been bequeathed from generation to generation. He quoted various references from his poems while tackling these issues. He compared nature and man’s ability to bounce back from impediments that come in their path from time to time.

5.30 p.m. to 7.00 p.m.

During the last session of the day, Hon’ble Chairman of the Kanara Welfare Trust, Shri S.P.Kamat, interacted with the CMG members. He explained the importance of prayer and the principle behind it. He led the recitation of prayers in the proper sync and tune. He said that the awakening of the inner mind can only be done through prayer. He continued on the topic of Shri Vishnu Naik, citing that every plant, insect and animal has the desire to attain a higher level. This we can see in nature. A coconut tree

even changes its direction to seek out sunlight. Chairman narrated a story based on the discussion between Sage Dattatraya and Parashurama which finds a mention in the rare Hindu script, "Tripura Rahasya". This was followed by an elaborate interaction with the CMG members on what one desires to be in life. The CMG members responded in a very spontaneous manner and came up with many varied ideas.

The session ended with common prayer at 7.30 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 – 6th February 2011, Sunday

7.30 a.m. to 8.30 a.m.

The day started with a Yoga Session under the leadership of Smt. Lalita Shanbhag. The participants were taught about breathing techniques and other yoga exercises. The CMG members were refreshed and were in a very receptive mode in the later sessions.

8.30 a.m. to 9.00 a.m. – Breakfast

9.00 a.m. to 11.00 a.m.

Shri S.Shambhu Bhat, Head of Sanskrit Pathashala, talked about the influence of music in life. This was followed by a flute recital from him. He was accompanied on the *Tabla* by Shri Rajaram Hebbar. They explained the nuances of the flute and table by a practical performance.

11.00 a.m. to 12.30 p.m.

Dr. Jayaveer D.Isloor, former scientist from the Tata Institute of Fundamental Research, Mumbai, talked about "Innovation". By displaying various household and common items, he enlightened the participants as to how ordinary people invented items which made our lives easier. The story behind the invention of Band-Aid strip, paper clips, tissue paper, safety pin, Velcro, zippers, post-it notes, etc. was revealed by him. He also made the CMG members note down the ten points which would help them in their quest for innovation.

- Do not turn your back on problems
- Keep your eyes open
- Keep your mind open
- Try to learn from nature
- Don't neglect your gut feeling
- Do not neglect trivial incidents
- Cultivate the quality of perseverance
- Devotion to your work
- See a problem from different angles
- Be inquisitive

12.30 p.m. to 1.30 a.m.

Prof. M.S.Habbu spoke on the topic "Poetry and Life". He argued that the poetry is the outcome of human activities and thought. He said that the process of transformation of a poem into poetry is divine. The study of literature in general and the study of poetry in particular is also a kind of search after truth – the search of human behaviour and beyond. The study of poetry makes man more humane, more concerned about humanity. Prof. Habbu substantiated his views by citing a number of poems written by renowned poets of Kannada literature.

1.30 p.m. to 2.30 p.m. – Lunch break

2.30 p.m. to 3.30 p.m.

Dr. K.Ganapati Bhat, exponent of Vedic Mathematics, narrated the simple concepts behind solving of complex arithmetic problems. He further divulged the fact that by using Vedic Mathematics one could solve equations in a very short span of time. This would be highly beneficial to candidates participating in competitive exams where time is of the essence. Booklets on Vedic Mathematics was procured from his team and distributed to the CMG members later.

3.30 p.m. to 4.00 p.m. – Break for Refreshment

4.00 p.m. to 5.00 p.m.

Dr. Jayaveer D.Isloor spoke on "Sources of Energy". In a question and answer session with the CMG members he named the different sources of energy with examples.

First natural source of energy	Friction, wood, heat, coal, charcoal, water
Wind energy	Sails in boats, wind mills
Fossil fuels	Coal, petroleum, gas (LPG, CNG & LNG)
Chemical energy	Battery cells, pace makers, crackers, match box
Nuclear energy	Atom bomb, hydrogen bomb
Solar energy	Solar ovens, solar batteries
Geothermal energy	Volcanoes, geysers, hot water springs
Tidal energy	Waves

5.00 p.m. to 6.00 p.m.

Dr. K.Ganapati Bhat addressed the gathering on “Yoga and Concentration”. He narrated by practical demonstration as to how the concentration of the human mind can be distracted by trivial issues. He said that with the help of yoga one could control the mind and increase the level of concentration.

6.00 p.m. to 7.30 p.m.

Shri Vishnu Naik had a special interaction with the CMG members wherein various topics were discussed. He distributed a questionnaire which the CMG members were required to fill and submit in the next camp. The 6-page questionnaire also contained material on subjects like inner turmoil of the mind, actions and their repercussions, difficulties and ways to face them, etc.

The session ended with common prayer at 7.30 p.m.

8.00 p.m. to 9.00 p.m. – Supper

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

Day Three – 7th February 2011, Monday

7.30 a.m. to 8.30 a.m. – Breakfast

8.30 a.m. to 11.30 a.m.

As promised to the CMG members, a trip to the nearby Shri Karikan Parameshwari Temple was organized. The CMG members were taken in two vehicles to the temple

which is atop a mountain. The view from the top was breathtakingly beautiful. One could see the entire countryside and even a part of the Arabian Sea was visible. The CMG members visited the temple and sought the blessings of Goddess Karikanamma. They also paid obeisance to all the other divine idols in and around the temple. The CMG members keenly observed the flora and fauna around them. They enjoyed the view and also played with the small monkeys which had emerged from the treetops.

11.30 a.m. to 1.30 p.m.

After a reluctant journey back to the camp place, the CMG members had a sumptuous lunch waiting for them. Travel allowance was paid to them and they boarded the vehicles for their journey to Kumta Bus Stand. The participants boarded their respective buses for their homeward journey.

The total expenditure of the three day camp including accommodation, transportation, food, equipment and other expenses amounted to Rs.37335/- (Rupees Thirty seven thousand three hundred thirty five only).
