

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

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

THIRD ORIENTATION RETREAT

14th to 16th of MAY 2011

Subject of the Retreat:

ART OF LIVING

Place:

Gokul, Shirwad, Karwar

A BRIEF REPORT

3rd Orientation Retreat**Camp held on 14th , 15th and 16th May 2011****Venue: Gokul, Shirwad, Karwar**

The third Orientation Course for the second batch of students of Change Makers Group was organized in the premises of the “Gokul” at Shirwad, Karwar, from 14th to 16th May 2011.

Day One – 14th May 2011, Saturday

Participants started arriving at Hindu High School, Karwar, from 10.00 a.m. Arrangement was made to pick them up and take them to the camp place which is about 8 km. from Karwar. Registration commenced upon arrival. Journey tickets were collected and their signatures were obtained on the register. A copy of the camp schedule was provided to each participant. 48 CMG members (21 boys & 27 girls) participated in the camp. Accommodation was provided in the Gokul premises to the boys and girls separately.

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 student participants and Shri S.P.Kamat by lighting the traditional lamp. Shri S.P.Kamat explained the importance of reciting the *Sankalpa* (resolution). When *Sankalpa* is recited, we invoke the Gods and deities associated with the place we are in. Reciting *Sankalpa* also helps us to connect ourselves with the Universe through time and space.

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 talked on the topic, “Achievements”. The discourse was followed by discussion by the participants.

3.30 p.m. to 4.30 p.m.

In the next session, Shri Vishnu Naik spoke on the subject, "Problems and its Elimination". Narrating various true life examples, he effectively covered all common problems which haunt a young mind.

4.30 p.m. to 5.00 p.m. – Break for Refreshment**5.00 p.m. to 7.30 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. Various topics came up for discussion during this interaction. Later, a prayer session was held at a shrine dedicated to Lord Hanuman in the Gokul campus. The prayer was followed by the distribution of *prasadam*. Smt. Sreelata Kamat answered the queries of the inquisitive student participants.

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

8.00 p.m. to 8.30 p.m. – Diary Writing**8.30 p.m. to 9.30 p.m.** – Supper**Day Two – 15th May 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 yoga exercises practiced in the previous camp were revised and new techniques were learnt.

8.30 a.m. to 9.00 a.m. – Breakfast**9.00 a.m. to 11.30 a.m.**

Dr. Hemant Kamat, a cardiologist, spoke on the subject, "Complete Life". He gave some fundamental suggestion towards leading a fruitful life. The importance of intake of a balanced diet, proper exercise, relaxation, devotion and abstaining from addictive substances was stressed. He observed that a small amount of time could easily be

reserved for simple exercises like *suryanamaskar* and *pranayama*. He quoted from various Hindu epics to highlight these points. Shri S.P.Kamat continued the discussion still further and enlightened the participants about adhering to the good values in life.

11.30 a.m. to 1.30 p.m.

Prof. R.S.Habhu spoke on the topic “Life & works of Rabindranath Tagore”. He narrated various anecdotes from the life and times of the great poet.

1.00 p.m. to 2.00 p.m. – Lunch break

3.00 p.m. to 5.00 p.m.

The student participants were taken to view an exhibition “Science Express” organized by the Department of Science and Technology in collaboration with the Indian Railways. After a short trek to the Karwar Railway Station, the participants boarded the special train where the exhibition was held. The departmental personnel stationed in each of the 13 coaches explained the various topics which were on display. Some of the topics were – nanotechnology, cosmos, evolution, magnetic fields, satellites, space, etc.

5.30 p.m. to 7.30 p.m.

After the exhibition, the participants were taken to Karwar Beach by a special vehicle. Shri S.P.Kamat and his wife, Smt. Sreelata Kamat joined the participants at the beach. After a 2 km. walk along the sea-shore, the group settled at one end of the beach. Refreshments were served and an informal interaction was held. The participants frolicked on the shore with the sea waves lapping their feet. A good time was had by all.

8.30 p.m. to 9.00 p.m. – Supper

A special dinner arrangement was made in the main sitting hall of Gokul. The participants along with Smt. & Shri Kamat joined in prayer to *Devi Annapoorneshwari*. A sumptuous meal with many mouth watering food items was enjoyed along with fresh mangoes from the orchard of Gokul.

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

Day Three - 16th May 2011, Monday**6.30 a.m. to 7.30 a.m.**

Smt. Lalita Shanbhag conducted the yoga session. Many new yogic exercises were imparted to the participants.

8.30 a.m. to 9.00 a.m. – Breakfast**9.30 a.m. to 11.30 a.m.**

Shri V.V.Patharphekar, retired Headmaster, addressed the students on the topic, “India – my Great Country”. With the help of an audio-visual presentation, he explained the special place India holds in the hearts of its people. A brief description of Indian geography, past Presidents, Prime Ministers, Bharat Ratna awardees, saints and national symbols was displayed for the students. National anthem and national song were sung in chorus.

11.30 a.m. to 12.30 p.m.

Shri Vishnu Naik continued on his theme, “How to face problematic situations”. An interaction with the participants was conducted to highlight the probable problems which they could face in life.

After lunch, the participants started their homeward journey.

The total expenditure of the three day camp including accommodation, transportation, food, equipment and other expenses amounted to Rs.42039/- (Rupees Forty two thousand thirty nine only).
