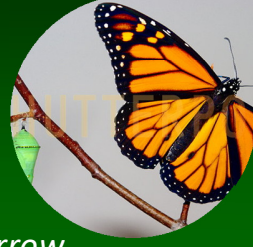


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**Pārivārtān**

Newsletter of Change Makers For A Better Tomorrow



A joint initiative of



Foundation for Child Aid

&



Vol- II | Issue – 02 | Jul 2017 – Mar 2018

**CHANGE MAKERS FOR A BETTER TOMORROW / ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಕಾರರು**

**Third Orientation Retreat for  
Members of the Fourth Batch**

**18<sup>th</sup> to 20<sup>th</sup> September 2017**

Venue: Anshi National Park

**Fourth Orientation Retreat for  
Members of the Fourth Batch**

**6<sup>th</sup> to 8<sup>th</sup> January 2018**

Venue: Nature Bound Sahyadri,  
Aalada Kona, Sunksal

**Total no. of members in the  
Change Makers Group - 64**

**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.*

**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.

**THE FOURTH CHANGE MAKERS GROUP**

The third camp for this batch was organized at ANSHI NATIONAL PARK, from 18<sup>th</sup> to 20<sup>th</sup> September 2017. The fourth camp was held from 6<sup>th</sup> to 8<sup>th</sup> January 2018 at NATURE BOUND SAHYADRI, AALADA KONA, SUNKSAL.

Both of these camps were held in the forest region of the Western Ghats, enabling the students to imbibe the natural splendour along with value added teachings from various resource persons who were invited to address them.

Accommodation was arranged at the camp sites. The students were picked up and dropped at the designated points. In the following pages we present glimpses from the two camps and also the feedback obtained from the participants.

Presented by Team CMG

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## THE THIRD CAMP

Kali Tiger Reserve (Anshi National Park) is a protected area and tiger reserve. It is located in Uttara Kannada district, in Karnataka, India. The park is a habitat of Bengal tigers, black panthers and Indian elephants, amongst other distinctive fauna. The Kali River flows through the tiger reserve and is the lifeline of the ecosystem and hence the name. The Tiger reserve is spread over an area of 1300 square kilometers.

After the registration process, the first camp was formally inaugurated by lighting the traditional lamp. Shri K.V.Shetti, Administrative Officer, Kanara Welfare Trust, welcomed and gave the general instructions.

Prof. M.S.Habbu recited the 'Sankalpa' and led in the prayers. The prayers, "Ananda Loke" and "Antaramama Vikasita Karo", which are the regular prayers of the Change Makers Group, also were recited.

Introductions of the members were done and the camp commenced with its activities. Various resource persons addressed the group as per the camp schedule. The forest officials of Anshi extended their full cooperation in the successful conduct of the camp.

## GLIMPSES FROM THE THIRD CAMP



Inauguration of the first camp by lighting the traditional lamp by camp organizers and members of the group



Initial Remarks and General Instructions to the participants in the camp



A session by the Anshi Forest Officials on Nature and Wildlife



Another session by the Anshi Forest Officials on Nature and Wildlife



Early morning trekking in the dense Anshi forests with forest officials



Prof. M.S.Habhu, Retd. Principal, spoke on the topic – “Man and Nature”



A special session by Neuro-Psychiatrists – Dr. Shivanand Hiremath and Dr. Chaitra Hiremath



Prof. V.R.Vernekar, Retd. Principal, on “Students and Science”



Shri V.L.Hegde, Teacher of Janata Vidyalaya, Kulve-Baroor, on “Sportsmanship”



Interaction of Chairman Shri S.P.Kamat with the Change Makers Group

## THE FOURTH CAMP

The fourth was held in the month of January at Nature Bound Sahyadri Camp at Aalada Kona, Sunksal, Ankola. Nature Bound Sahyadri is 'Nature's Classroom' for experiential and expeditionary learning activities, where every action is based on learning reflection, where ideas, creativity and discovery are celebrated. The camp facilitates a simple learning environment which is positive, relaxed and close to Nature, one that encourages openness and a sense of warmth.

This peaceful and pristine location is at the edge of Anshi National Park and surrounded by mountains covered in dense evergreen forest, fresh water streams, abundant flora, fauna and heavy concentration of fresh oxygen. The forest habitat of Sahyadri is home to over 5000 species of flowering plants, 139 mammal species, 508 bird species, 260 reptile and 179 amphibian species; more than 40% of these are endemic to the region and some of them are so unique that they are not found anywhere else in the world.

Managed by Mr. Parvez Konnur and his team of trainers & support staff, Nature Bound Sahyadri proved to be an ideal site to host the camp of the fourth batch of Change Makers for a Better Tomorrow. Shri Sankeerth Hebbar, Shri Vadiraj and Shri Manju Shankar, who are associated with CISCO Sambhrama, an NGO, were present to observe the activities of the camp.

## GLIMPSES FROM THE FOURTH CAMP



Formal inauguration of the fourth camp by resource persons and CMG members



Recitation of the 'Sankalpa' and general instructions to the participants



Special instructions by Shri Lalit Gomane, Lead Trainer of Nature Bound Sahyadri



The very enthusiastic and attentive CMG participants at the camp

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## FEEDBACK FROM THE CHANGE MAKERS GROUP

ಅಣಶಿ ಎವರ್‌ಗ್ರೀನ್ ಕ್ಯಾಂಪ್ ಇದು ಪ್ರಕೃತಿ ಮಾತೆಯ ಮಡಿಲಲ್ಲಿರುವ ಅದ್ಭುತವಾದ ತಾಣ. ಹೆಸರೇ ಸೂಚಿಸುವಂತೆ ವರ್ಷವಿಡೀ ಇಲ್ಲಿ ಮರಗಳು ಹಚ್ಚ ಹಸಿರಿನಿಂದ ಕಂಗೊಳಿಸುತ್ತಿರುತ್ತದೆ. ಇದೊಂದು ಭವ್ಯವಾದ ಅನುಭವ. ಹಿಂದೆಂದು ನಾವು ಕೇಳಿರದ ವಿವಿಧ ರೀತಿಯ ಪಕ್ಷಿಗಳ ಕಲರವ ಕೇಳಿ ಮನಸ್ಸಿಗೆ ಹಿತವಾಯಿತು. ಇಲ್ಲಿ ನಮಗೆ ಪರಿಸರದ ಬಗ್ಗೆ ಪರಿಣತಿ ಹೊಂದಿರುವ ಮೇಧಾವಿಗಳಿಂದ ಉಪನ್ಯಾಸ ನೀಡಿದರು. ವಿವಿಧ ವನ್ಯಪ್ರಾಣಿಗಳ ಬಗ್ಗೆ ಮತ್ತು ವಿಶೇಷವಾಗಿ ಹಾವುಗಳ ಬಗ್ಗೆ ಉರಗತಜ್ಞರಿಂದ ಮಾಹಿತಿ ನೀಡಿದರು. ಮನೋತಜ್ಞರು ತಮ್ಮ ಸುತ್ತಲು ನಡೆಯುತ್ತಿರುವ ಹಲವಾರು ಘಟನೆಗಳಿಗೆ ಹೇಗೆ ಪ್ರತಿಕ್ರಿಯಿಸಬೇಕೆಂದು ಮನದಟ್ಟು ಮಾಡಿದರು. ನಾವು ಕೇವಲ ಪಕ್ಷಿಗಳನ್ನು ನೋಡಿ ಆನಂದ ಪಡುತ್ತಿದ್ದೇವು. ಆದರೆ ನಮಗೆ ಅರಣ್ಯ ಇಲಾಖೆಯವರು ವಿವಿಧ ಪಕ್ಷಿಗಳನ್ನು ಗುರುತಿಸುವುದನ್ನು ಸುಸ್ಪಷ್ಟವಾಗಿ ತಿಳಿಸಿಕೊಟ್ಟರು. ನಾವು ಬೇರೆಯವರನ್ನು ಅರ್ಥ ಮಾಡಿಕೊಳ್ಳಲು ಪ್ರಯತ್ನಿಸುವುದಕ್ಕಿಂತ ಮೊದಲು ನಮ್ಮನ್ನು ನಾವು ಅರ್ಥ ಮಾಡಿಕೊಳ್ಳಬೇಕೆಂಬುದನ್ನು ದೃಷ್ಟಾಂತದ ಮೂಲಕ ನಮಗೆ ತಿಳಿಸಿಕೊಟ್ಟರು. ನಮ್ಮಲ್ಲಿ ಅಡಗಿದ್ದ ಪ್ರತಿಭೆಗಳು ಹೊರಹಾಕಲು ವೇದಿಕೆ ಕಲ್ಪಿಸಲಾಗಿತ್ತು. ಮೂರು ದಿನ ಆನಂದದಿಂದ ಕಳೆದೇವು. ಆ ಸುಮಧುರ ಕ್ಷಣಗಳು ನೆನಪಿಡುವಂತಹದ್ದು.

ನೇಚರ ಬೌಂಡ ಸಹ್ಯಾದ್ರಿ, ಸುಂಕಸಾಳ ಕ್ಯಾಂಪು ಹಿಂದಿನ ಎಲ್ಲ ಯೋಜನೆಗಳಿಗಿಂತ ವಿಶೇಷವಾಗಿತ್ತು. ನಮಗೆ ಜ್ಞಾನದ ಚೊತೆಗೆ ದೈಹಿಕವಾಗಿಯೂ ಸದೃಢರನ್ನಾಗಿಯೂ ಮಾಡಿದೆ. ನಮ್ಮ ಆತ್ಮವಿಶ್ವಾಸ, ಧೈರ್ಯ, ತಾಳ್ಮೆ, ಸಮಯ ಪ್ರಜ್ಞೆ ಮುಂತಾದವುಗಳನ್ನು ಹೆಚ್ಚಿಸಲು ಈ ತಿಬಿರ ಸಹಾಕಾರಿಯಾಗಿದೆ. ಪ್ರತಿ ಮಾರ್ಗದರ್ಶಕರು ಕೂಡ ನಮಗೆ ಹಲವಾರು ಸಂಗತಿಗಳನ್ನು ತಿಳಿಸಿಕೊಟ್ಟಿದ್ದಾರೆ. ಅವರಿಗೆಲ್ಲ ಧನ್ಯವಾದಗಳು.

### PROJECT CHANGE MAKERS FOR A BETTER TOMORROW – IV Batch

AKSHAY ANANT REVANKAR  
AKSHAY GOPALKRISHNA BHAT  
ANAND RAMACHANDRA BHAT  
ANANYA R V  
ANKITA DEVARU HEGDE  
ASHRITA MANJU GUNAGA  
BHAVANA PURUSHOTTAM HEGDE  
BHAVANA VITHAL DESHBHANDARI  
BHOOMIKA SHIVARAM NAIK  
CHANDAN SHIVARAM HEGDE  
CHINMAY RAMAKRISHNA HEGDE  
GAYATRI NARAYAN GOUDA  
K V GOPALKRISHNA  
KETAN SHRIKANT PATGAR

MAHESH DATTATRAYA BHAT  
MANASA MAHABALESHWAR HEGDE  
MANIKANTH KANYA GOUDA  
MANOJKUMAR C HEGDE  
MANU PRABHAKAR HEGDE  
MEDHA MAHESH HEGDE  
NANDITA GANAPATI BHAT  
NAVYA RAJKUMAR BHAT  
NISHANT JAYANT BHAT  
NITYA SHAMBHU AVADHANI  
NIVEDITA G  
PAVITRA PANDURANG BHAT  
POOJA NAGARAJ GAONKAR  
POORNIMA MANJUNATH NAIK  
PRAJNA VIDYADHAR BHAT  
PRANAV GANESH BHAT

PRASAD GANAPATI BHAT  
PRATEEK PRAKASH KAMAT  
PRATIBHA MANJUNATH HEGDE  
PUSHPA MAHABALESHWAR GOUDA  
R VISHWAJIT  
ROHIT RADHAVENDRA SWADI  
SADHANA G  
SAHANA RAJARAM HEGDE  
SAHANA SATISH GOVEKAR  
SAHANA UDAY MADIWAL  
SAMPADA DIVAKAR HEGDE  
SHAMBHAVI RAGHAVENDRA PAI  
SHIVANI BALAKRISHNA NAIK  
SHRADDHA RAMESH BHAT  
SHREEDHAR VINAYAK BHAT  
SHRIDHAR GAJANAN HEGDE

SHRIDHAR NAGESH BHAT  
SHREESH BHASKAR HEGDE  
SHREESH VINAYAK HEGDE  
SOUKHYA RAJENDRA HEGDE  
SUBHAS MANJUNATH HEGDE  
SUMUKHA GAJANAN HEGDE  
SUMUKHA MADHUKAR BHAT  
TANUJA S KODIYA  
VAISHNAVI PRABHAKAR BHAT  
VANAJA GOVIND CHALVADI  
VARDHAN SHRINATH HEGDE  
VIGHNESH BHAT DEVATE  
VINAY VENKATACHAL BHAT  
VISHWAS VENKATESH PAI  
VISHWESHVAR P HEGDE  
VIVEK KAMALAKAR HEGDE

## 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 64 members were selected to comprise the fourth 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.

## TRUST OFFICE STAFF & ORGANIZING TEAM



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