

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

**PROJECT CHANGE MAKERS  
FOR A BETTER TOMORROW**

**3-DAY ORIENTATION RETREAT**

12<sup>th</sup> to 14<sup>th</sup> of April 2008

Subject of the Retreat:  
**ART OF LIVING**

Place: GOKUL, Shirwada, Karwar

**A BRIEF REPORT**

**Day One - 12 April 2008 - Saturday**

Registration of the participants started on Saturday, the 12<sup>th</sup> April 2008 from 9.30 a.m. at Hindu High School, Karwar. Journey tickets were collected from the participants and their signatures were obtained on the attendance register.

Students were taken to 'Gokul' in batches of 25 to 30 per trip in a vehicle. Accommodation was made in Hidden Valley Resort for Boys and in Gokul for Girls. In all 121 students participated in the camp.

Temporarily built (out of coconut tree leaves) Kitchen and a Dining Hall were provided in Gokul facilitating food preparation and serving the same to the participants from time to time. Light refreshment was served upto 12.30 p.m.

All the participants gathered in the Hall. A copy of the Camp Schedule, Prayer sheet and '*Sankalpa*' sheet along with a note-book were provided to them. The activities commenced at 1.00 p.m. with prayers sung in chorus - initiated by the girl students from Gokul.

Shri Vishnu Naik made introductory remarks and gave general instructions to the participants regarding the camp. He introduced all the office bearers of the Orientation retreat to the students.

Prof. V.R.Vernekar spoke about mind and the speed of thought. He advised the candidates to keep the thought process sharp and to inculcate the habit of retaining the good things in memory. He stressed the fact that actions speak louder than words, hence the need to portray our good behavior always.

Prof. M.S.Habhu introduced the topic 'Art of Living'. He emphasized the different aspects of life and the need to live it in the best possible way without harming others in the process.

The first session ended with prayers at 2.00 p.m.

Lunch break: 2.00 to 3.00 p.m.

Afternoon session began at 3.00 p.m. with *Sankalpa* (Invocation) and prayers led by Prof. M.S.Habbu.

Shri Vishnu Naik welcomed the Chairman Shri S.P.Kamat and Resource person Dr. Hemant Kamat and others.

Chairman Shri S.P.Kamat addressed the participants and guided them to sit in an upright position to the extent possible. He gave a brief introduction of Dr. Hemant Kamat, who is in the medical field as a Cardiologist for more than 25 years. He first served in the Civil Hospital, Karwar, and later he established his own private practice.

In order to make his life more perfect, more beautiful and meaningful, after deep thinking, he has established '*Shree Mahalaxmi Paripoorna Jeevan Pratisthan*'. Through this, he is making efforts to create awakening in the society regarding 'the perfect living'. He is here today to express before you - what is 'perfect life'. Listen to him with 100% concentration. If you feel sleepy, you can take rest. But those who are awake, they must be fully attentive.

Dr. Hemant Kamat -

Dr. Kamat started his address with '*Shanti Mantra*' which was sung in chorus by all those present. *Sankalpa* was taken as under - "Oh God! Please teach us the art and *shastra* of leading a perfect life in this retreat. Please give us inspiration, enthusiasm and strength to imbibe these in our daily life. Please grace us to lead a perfect life both physically and meta-physically. Our regards to you."

The *Sankalpa* (Invocation) taken in the beginning is a very positive thought. You will become that which you pray. Hence, even in jest, do not curse or abuse others. Do not use bad language even. In the past people were named after Gods like *Rama*,

*Narayana, Krishna, etc.* But peoples' names in today's modernized world can not even be spelt properly.

When we suffer from any health problems, we approach doctors. For heart problems we approach a cardiologist. For eye ailments, we approach an eye specialist. Likewise we worship various Gods for fulfilling our desires. *Shri Saraswati Mata* is the Goddess of Learning. We worship Her for sharp wisdom.

During his address he quoted several heart touching examples and asked questions to the participants. The discussion on these grounds was very lively.

What are the dimensions of Life? - School education; employment; earning; creating assets; *aparigraha* i.e. accumulating only so much as is necessary; *asteya* i.e. do not attempt to possess that which belongs to others - this leads to conflicts, wars; entertainment; hobbies - by which you can achieve concentration of your mind; helping nature (ex: river flow, cow's milk, trees bearing fruits, etc. for helping others but not for their own self); very important dimension of our life is health - health is wealth.

How many types of health can you distinguish? They are - Mental health; Physical health; Emotional health and Spiritual health.

For maintaining your physical health you do exercises like walking, running, jogging, skipping, swimming and *yogasanas*. Smt. Shraddha Shanbhag will be teaching those to you from tomorrow onwards. A student Mr. Vinayak demonstrated all the 12 stages of *Suryanamaskara*. Daily 5 to 13 *Suryanamaskaras* are to be performed. *Asanas* are very important. Running and Jogging are not recommended nowadays because they cause austio-arthritis (pain in the joints of legs).

*Yogasanas* are to be done regularly for 30-40 minutes from the beginning only. There is no age restriction for this. As you subject your new car for regular servicing to keep it in good condition in the future, you should get physical check-up done from a doctor for maintaining good health. Our body is a vehicle. This vehicle is available

to us only once in our life-time. We care for our cars costing only few lakhs so much. How much care do we take to maintain our own very precious body?

We develop B.P., Spondylitis, diabetes, etc. within the age of 30-40 years. We should lead a qualitative life, not simply living for 100 years. We should lead a satisfied life. Therefore, to achieve this we should maintain a healthy body.

*Pranayamas* are necessary for maintaining mental health. What is the relation between mind and respiration? If you have some tension, your heart beats very fast, face turns reddish. Your respiration becomes shallow and erratic. We can release our tension by *pranayama* - that is regulating the breath consciously, deeply, slowly and rhythmically. Regulate our mind in *Dhyana* from many thoughts to one and then to none. Thus concentrate the mind. By *Dhyana* we achieve very great mental power.

Along with the four powers that we achieve i.e. physical power, thinking power, power of wisdom and power of accumulated things, we should still try to possess the 5<sup>th</sup> power - Faith in God (*Daiva Bala*).

He narrated a story in this connection as to how faith works miracles in one's life.

We should develop faith in God by prayers. Thanksgiving is a way of developing faith in Jesus Christ in Christianity. Do we thank our parents? Bow down to their feet every morning? This makes us eligible for the next favour. Develop this tendency of extending thanks for favours received from others. Profusely thank God from the bottom of our heart.

Feedback was obtained from the participant students. A printed sheet of notes (in Kannada) regarding the subject 'the perfect living' was given to each participant.

At the end, Dr. Kamat taught a prayer on Lord *Anjaneya (Hanuman)* which was sung in chorus. He wished the students all the best in their lives.

The session came to an end with prayers.

Light refreshment was served between 4.30 p.m. and 5.00 p.m.

The evening session began with the prayers. Shri Vishnu Naik gave a brief introduction of the resource persons - Smt. Jayashree Korti and Dr. V.R.Soorayavamsi who discussed the topic of Mental Stress and Modes of Elimination.

Smt. Jayashree Korti -

All people including a small child possess a sort of mental stress. When you get up late in the morning or you have to go to the school early or had to write the examination; if you don't get your things on time you get disturbed. Why such situations exist? This is by mental stress. These days it has increased. Our grand-mother, grand-father live peacefully without tensions. Why?

Some students answered that elderly people have no expectations. This is not true. They too have ambitions, expectations that their children, grand-children should flourish well and so on. But they are mentally and physically fit, hence, they do not have stress.

Hence, we should develop mental peace. Why do mental stresses develop? We work without proper plans. We come across un-forecasted problems. Hence, fear, conflicts, emotions erupt causing stress. When you hear that SSLC results have been declared, you will start searching your hall-ticket. When you are unable to trace it, you develop stress. You become a bit cool only after noting your result. If a person gets such stresses very often, many diseases, bodily disorders will be seen. Headache, insomnia, loss of concentration, etc. occur. Some may find different subjects difficult. If you have fear about your school or some teacher, then also mental stress occurs.

Elderly people also face problems. Hence, we try to come out of these stresses. How do we try to escape?

You start thinking. When a cat and a dog face each other, they become furious. This fear is expressed by them bodily.

Primitive people lived happily in forests. They used to eat whatever that was available to them. Adrenal glands produce hormones. These used to give them protection against external hazards due to dust, etc. Due to modernization we lack the production of such protective hormones in our bodies. Hence, we develop acidity, sleeplessness, lose appetite, etc. Many more diseases also develop.

Due to stress many changes take place in our life styles. Whatever may be the changes or questions that rise in our life, we should try to overcome these. Changes are inevitable in every ones life. One student passes eight standard and goes to the ninth. Another passes ninth and goes to the tenth standards. This change is unavoidable. When you go back to your home after this camp, there will be changes in your life style. Changes take place in stages.

To find life, we can not adopt large many changes all of a sudden. To achieve a state of perfect life, we have to face problems, think, plan and get adjusted.

Dr. V.R.Soorayamshi -

You have so far known about physical stress and mental stress.

Mental stresses come from various sources - home, school, office, etc. We cannot forecast how these stresses come to us. A person under stress will not be in normal state. He becomes partially abnormal. What are the causes of stress?

For example, a boy at school receives a phone call from his house stating that his mother is admitted to the hospital. Stress develops into the mind of the boy as to what might have happened to his mother. He goes to the hospital and comes to know that she is in the I.C.U. He further learns the reason for her illness. In this background the kind of stress changes.

A student who was attending school regularly, suddenly stops going to school or goes to school, moves about in the campus but does not sit in the class. What might be the reason?

Phobia. Given assignment was not done by him that day. Moreover, till date he was regular. But today if he enters the class, he has the fear that the teacher might ask him why he has not completed the assignment or even he may get punished. That is the negative identification which causes stress.

Mental stress does not occur on its own. Any changes that occur in the chain of our behavior or any special change that occur in our surroundings, stresses occur. You have certain disciplined rules and regulations in your school. The regulations at home are different from those in the school. These are not that rigid. We will not work until and unless we are under stress. That is the human tendency. But some people do their work very systematically and diligently. They need not have stress. They too develop stress under certain special circumstances. Stresses differ in different age groups.

You are of the age group 14-15 years. Have you ever experienced mental stress?  
Yes. Every one might have.

You are reading only because there is examination. If you study hard only during examination without rest, you may not be able to write the second or third paper. Because your body gets tired due to stress.

How can we exercise control over these stresses? How to make life easy? We have basic needs like food, water, rest, etc. These should be made available easily. If any one of these is not available in time, our mind gets diverted. We should make our place - school or home or office - a place of joy. How can that become the place of joy? We should accept the situation as it is.

Certain amount of freedom is necessary for everyone. But at the same time, there should be restriction over the freedom also. You can not afford to play all the time or up to 8 to 10 o'clock at night. Do the required things at the stipulated time.

Be impartial to everyone. Love everyone. Due to partiality, differences of opinion happen. As a result, stress develops. Providing variety of stimulus to a child he forgets the stress at that moment. Later, slowly we can make that child get rid of the mental stress.

We have certain goals in our life. When we are unable to reach these goals, we are frustrated and develop mental stress. In your class, your friend has a pen costing Rs.500/-. You get attracted towards that pen. You start thinking - how to get it. Your parents are unable to get it for you. Under the circumstances you do undue things. Best thing is to accept the situation and get away from stress.

Develop an atmosphere of trust and faith. You should have high power of imagination. Wright Brothers developed their first plane out of their imagination, trust and faith. When you do not believe, you will not be able to succeed in the work.

Teenaged students need privacy. Whatever mental stress the child has, to introspect in its own field, it needs privacy. It finds the relief under such a circumstance. Continuous privacy is dangerous. That circumstance might lead to complications also.

We should wait for a long time for the important changes in our life-styles. A 6-8 year old child can not think of becoming a film hero or heroine all of a sudden. One has to wait to do so. This process has to be achieved in stages.

When mental maturity is achieved by a child, amount of stress may get reduced.

What not to do? Ex. Laughing at inappropriate deeds of others should not be done. Respond positively towards the pain of others. Do not enjoy the event.

Subjecting to solitary confinement. Do not hinder or disturb someone who wishes to remain lonely and think something positive. One should not develop great amount of pressure of work.

Creating fearful atmosphere without any reason.

Labeling the child; teasing it with words.

Erratic behavior. Doing untimely deeds or inconsistency at work. Be disciplined.

Continuous ragging: troubling others continuously.

Certain problems of mental stress, sadistic pleasure, split personality, tsunami effect, is stress good or bad etc. were raised by participant students.

Dr. Sooryavamshi explained with examples that such individual problems can be tackled by taking case study in detail, by parents, teachers, etc. He added, by counseling, stress can be relieved. Certain minimum amount of stress is necessary for normal life. At the same time if it is very high, proper care should be taken.

Shri S.P.Kamat -

Dr. Sooryavamshi has discussed at length the mental stress and the remedial measures for stress-free life. The general opinion is that a certain amount of stress is needed for the development of mankind. But the question is what is the quantum of stress that is needed for the development. Is there any measuring rod for it? In my opinion, stress is not the normal quality of mind. It is an artificial development. The natural quality of mind is the happiness - the bliss. Bliss is the quality of nature and we are all the products of nature. We see God who is full of bliss, full of energy. We being children of God have the quality of bliss. But we have forgotten this trait. Modern psychologists accept the fact that remedial measures are no measures at all. What is needed is a stress-free life. We would like to develop in you a way of life where there is no stress. For instance, we would like you to face the examination

joyfully. What is required is the interest in the subject and a clear, stress-free mind.

We have taken for granted that stress is a part and parcel of life. We have started enjoying the stress and have come to the conclusion that the life without stress is useless. Our mind is habituated to a particular way of doing things. As a result, the stress becomes the habit of the mind. Stress is not a normal character or the characteristic of mind. See a child, totally free from stress. Wherever there is innocence, there lies the mind without stress. You have to develop that kind of mindset where stress does not have any value. The art of living does not mean how to live without stress. That is the way of life. With this kind of life, whatever you think, say and write will be a truth.

There was, reference regarding split personality. 'Persona' is a Greek word meaning mask. In personality development courses you are taught how to dress, how to talk, how to reply, etc. That means you are trying to do something which you are not. Remember, you are the chosen ones. Do not follow normal things. You be good; do not show goodness. For, doing good is not supposed to be good.

If you do good things you may not be good. But, if you are good, then, everything will be good. To be is more important than to act. Division of mind is called the division of personality. If your mind splits, your whole heart gets split. What is required is the total involvement in any task that you undertake to do. When you are involved totally, the output of whatever you do will be cent per cent.

The thoughts that have been shared with you, I hope, will inspire you towards further thinking. Remember that there is no limit to achieve greater heights. Develop self-confidence and try to attain your good. God bless you.

The session ended with common prayer followed by supper.

## Day Two - 13 April 2008 - Sunday

As per the guidelines given on the previous day, all the participants gathered on the open ground after completing their morning duties by 6.45 a.m.

The session began with prayers.

Dr.(Smt.) Shraddha Shanbhag of Bangalore conducted a practical training session on Silence, *Dhyana* and *Pranayama* from 7.00 a.m. to 8.30 a.m. She taught the candidates the criteria of maintaining silence and concentrating the mind via the process of *Dhyana*. Sectional breathing - a breathing practice for doing *Pranayama* was taught and practiced. It involved 3 sections:

- 1) Abdominal breathing or Diaphragmatic breathing
- 2) Thoracic (chest) breathing or inter costal breathing
- 3) Upper lobar breathing or clavicular breathing

Four *mudras* associated with each of these sectional breathings - *Cin* mudra, *Cinmaya* mudra, *Adi* mudra and *Brahma* mudra techniques were taught and simple inhalation-exhalation (*Anuloma-Viloma*) *Pranayama* with posture were also taught.

Break-fast was served between 8.30 a.m. and 9.30 a.m.

The next session began at 9.30 a.m. with prayers and invocation by Prof. M.S.Habhu.

Prof. M.S.Habhu addressed the gathering about 'Life and Science'.

The life on the earth started a million years ago. Right from a unicellular organism to the human kind, it is a saga of evolutionary process. It appears that the man is the highest creation in this process. Amidst the series of transformations, many species have vanished from the earth. It is as if the Master Designer is involved in a series of experiments attempting to evolve the supreme creation.

What is the difference between the ways of living of all creatures and those of man? It appears that the entire animal kingdom except the man leads a life of limitations. The life of these animals is limited to or is satisfied with certain basic requirements. The human kind is endowed with the faculty of thinking which distinguishes the man from other animals. His brain is fully grown with which man can perform physical and mental activities. The entire process of evolution can be placed in a purposive matrix in which every creation appears to be evolved on a specific purpose.

It is often remarked that the life in the modern world has become more complex in nature. With the advent of science, the life cycle of human kind has undergone many transformations. Man has utilized science as a tool to bring about an improvement in his life-style. The discoveries of science have made life much easier. Together with it, there has been an increase in the quantum of stress and the accompanying strain.

What is science and what is its purpose? The simple definition says that it is a systematized knowledge. In the process of getting answers to the questions ‘what’, ‘how’, ‘when’ and ‘where’, man has accumulated knowledge well over the centuries and has always tried to harness science to his advantage. To me, it appears that the most important purpose of science is to unravel the mystery of nature right from microcosm to macrocosm.

It has been conclusively proved that the Universe originated at one point of time with a ‘big bang’. The material particles whirled round and scattered to form nebulae, galaxies, stars and planets. The creation of Universe and, for that matter, creation of everything, living and non-living, is a matter of probability. Who created this Universe? In an attempt to answer the question, man envisaged the concept of Master Designer - God. As explained in religious scripts, God is absolute, omnipresent and omnipotent. He is perfect as perfect as ‘potential’ is defined in Physics. To realize potential, we have to go to infinity which is impossible! To understand the concept of God is very difficult and beyond our comprehension.

According to Physics, perfection is a concept. As the old adage says; 'small thing makes perfect but perfection is not a small thing'. No body in the Universe is perfect. Perfection is an ideal situation which is difficult to achieve. Our aim must be to achieve perfection, achieve greater things and to attain greater heights in life. The orientation course of this kind is an attempt to show path to reach such heights.

Nature is endowed with or characterized by secrets which, I believe, is difficult to unravel. Man, with science as a tool, is involved ceaselessly in identifying and digging out these secrets. Thus he has made discoveries in the atomic and universal domain. There are many more things, in the Universe to go in for a 'dig'. For instance, Hindus believe in the cycle of birth and death. Man has tried to understand the period between birth and death. But, what happens after death? According to Physics, the energy lost in one form must appear in some other form. Does this physical law corroborate the cycle of birth and death? The question remains unanswered.

Friends! I hope the present orientation program will be a pathfinder for your future goal. Best wishes to you.

Lunch break: 2.00 to 3.00 p.m.

Shri Vishnu Naik gave a brief introduction about the resource persons Smt. Sreelata Kamat and Smt. Hema Muzumdar.

Smt. Shreelata Kamat: Subject: 'Relations'

Relation between two things is the way we see it. It is like a picture of a man which when seen in a position, looks like a laughing man while when held topsy-turvy, looks like a weeping man. The perfect relation is one which connects two persons externally (physically- *Kaya*), through speech (*Vacha*) and mentally (*Manasa*).

Our life is based on relations. The relation is the very foundation of the society and the nation at large. Our relations can convert our lives into a heaven or a hell. The relations have the inherent strength. Love and friendship are capable of converting a man into a Godman. Hatred and anger convert him into a demon. There are two types of energy in the world- the positive and the negative energy. The first energy corresponds to godly energy (*Daivee Shakti*) and the second one to demonic energy (*Asuri Shakti*). Our character depends upon the relation we develop with these kinds of energy. A man influenced by the first type of energy becomes a godly man while one with second energy becomes a demon.

Our relations must be like those with the children. They are so innocent and lovable. I am reminded of a story written by Tolstoy in which two groups are formed in a village on account of children. These two groups of people begin to quarrel with each other. When the quarreling is at its highest pitch, the children become involved in the play unmindful of the elders squabbling.

There are different types of relations. Man has had relations with the astronomical bodies such as stars and planets. The sun and moon are there from time immemorial as the time-keepers. The sun keeps us warm and gives out light while the moon keeps us cool. The plant and animal kingdom do not survive without sun. The moon imparts medicinal qualities to the plants. Man's mind is closely related to the moon. In the story of Yoga, '*Chandranaadi*' is of great importance. Man depends very much on nature- the forests, rivers & hills etc. The entire animal kingdom has close relation with nature.

Animals have as much right on nature as the man has. Man is endowed with prudence. He can distinguish between good and bad. Animals do not have this feature. With his thinking ability, man has always tried to overpower the other animals.

The attitude of an individual may affect the entire society. The good things that we do will always fetch good returns to us. Man has the tendency to exploit nature. But

in reality, he must take as much as he needs. He must derive knowledge hidden in nature and use the knowledge for the development of mankind. Our ancestors had great respect towards nature. Our scriptures, in essence, advocate the worship of nature. We must be kind to tame animals.

In the past the youngsters were serving their elders with love and affection. Elderly people used to teach the 'values of life' to their youngsters through stories etc. Relationships have changed in the fast age of modern times. Combined families are becoming extinct. Elderly people are deprived of their privileges. Divorce has become common. Everyone, even a child is busy. People are fighting on border issues like state border, water disparity, etc. instead of wider considerations as country men.

Our ancestors had found solutions to these problems. Our *Sanatana* religion was based on four firm pillars - *Dharma*, *Artha*, *Kama*, *Moksha*. In the modern age the pillars are reduced to only two - *Artha* and *Kama*. All relations are mainly based on 'unconditional love'. Man is an ocean of love. Thus solution of every problem lies in this unconditional love. Let us all do this.

Relations give us good protection. The essence of relation is love. Where there is love, there is peace and happiness.

Mrs. Hema Muzumdar -

You are the chosen lot for this orientation course. My request to you is that you should go on assimilating the facts that you receive here. Try to give importance to human values. You are very lucky to have come over here to prestigious Gokul. You are blessed. Never be discouraged in life. Have a goal to get changed. You must have aspiration of highest nature and chase them to win. Our Mother India is full of talents. On your part you must work hard. There is a tremendous potential in you which is not seen by you, but your teachers and guides have identified that. Chase your ambition and try to come up in life. Develop the reading habit beyond your

text. Every one of you is born to win in your life. However big you become, don't forget to be humble and soft-spoken. You should have love and compassion for others. My conviction is that the children will come up because they have enough love. Revise all the points that you have recorded in this course. God bless you all.

Interaction with the participants and Shri S.P.Kamat.

Friends, Mrs. Hema Muzumdar spoke to you with examples about 'relationships'. Which are the highest awards in India? Bharat Ratna, Padmashri, Padma Bhushan and Padma Vibhushan. Do you know of any person having received such awards in our district? Mrs. Hema Muzumdar's husband, Mr. Ramakant Muzumdar received the Padma Bhushan award. He was born in a poor family in a small town in Karnataka. But due to his own caliber he went to the IPS stream and succeeded to become the Director General of Indian Armaments.

Don't think that hailing from a small place, you might not possess any amount of potential.

Mrs. Hema Muzumdar is 75 years old and her two children are well placed in Bangalore. But she has come over here at Gokul. Relationships are not developed by birth alone. We will have to imagine those. We should try to understand these relations.

All the mango trees here in Gokul were brought from the same farm-house and planted on the same day. But those by the commuting path have yielded more. This is because of the constant relationship developed between them, our children and people who come here often.

A child is the hardware. The information it receives, we feed to the child is the software. Child being a living organism has thousands and thousands time more memory. Hence, it grows wiser.

I will allot you one tree each in Gokul. That will be your tree. So long as you stay here, it is your responsibility to love them. Go to that tree and talk to it and love it. You will find that the tree will respond to you.

At Peru, trees are grown. From morning till evening a few experts programme them with the information that they are beautiful, powerful. They direct the trees to divert their attention towards the programmers. They go on feeding them with problems and ask them to deliver the secrets of the world known to them. The trees also go on accumulating all the information fed to them. When the transmitted frequencies of the messages of the trees is in the audible range, one can receive those messages and secrets.

Lunch Break: 2.00 to 3.00 p.m.

The afternoon session started at 3.00 p.m.

Shri S.P.Kamat introduced the resource person, Smt. Smita Sahay who is studying Psychology - not for teaching the students but for educating the teachers as to how to keep contacts with other people, how to present the subject matter, etc. Her husband, Mr. Sahay, who is a Captain in the Indian Navy was also present.

Smt. Smita Sahay on Making Changes - How?

She mainly emphasized that 'change makers' should try to meet people of different kind to the extent possible, inculcate positive attitudes in their life and spread happiness amongst all. Through some live demonstrations and interactive games she explained her ideas convincingly.

Prof. V.R.Vernekar discussed the subject, 'Mind and its Nature'.

Mind is a delicate or minute part present in our body. Our *Atman* deals with this Universe through the apparatus called mind. Mind is composed of three essential properties - *Satva*, *Rajas* and *Tamas*.

*Satva* - is the balanced state of mind. It indicates cleanliness, wisdom and takes us to the state of happiness. *Rajas* shows instability, desire, contention. *Tamas* shows laziness, disturbances of mind.

Mind has 3 different states - conscious, subconscious and super-conscious. To the extent possible one should attempt to keep his subconscious mind as clean as possible effortfully. Super-conscious state is *Samadhi* state where mind is very pure. This is the natural state of *Atman*.

When we learn to think that we are different and our thoughts are different, we will be reaching super-conscious state of mind. We can rule out thoughts from our mind. But we should be able to orient thoughts and give them a direction. By *Dhyana* we can concentrate our mind.

It is usually said, 'those who can see the invisible can do the impossible'. Try to imagine to the extent possible. With firm desire, understanding the real nature of mind and with faith and wisdom one can control one's mind with persuasiveness and practice. By the concentration of mind mental and bodily diseases can be kept away.

We can not destroy our *Bhava* and *Ragas*. These should be purified and oriented to obtain happiness in life. By *Bhajanas* one can reach *Bhajanand* state. *Brahmanand* state is the state of highest happiness.

With a regular time-table, worship the Almighty, take food timely, study regularly, purify your mind, apply it in healthy hobbies, live a moral life.

He dealt the subject with several heart touching examples and with discussion with the students.

After a short break, all gathered in the prayer hall, had common prayers. Then Chairman, Shri S.P.Kamat, explained to the participants at length the complete meaning of the Invocation - *Sankalpa* - how we bind ourselves to the space and time

through this *Sankalpa*. He explained the strength the Invocation has. He even explained that by the power of 'levitation' one can lift his physical body up in the space and can even move in space like birds.

The session ended with supper at 8.30 p.m.

### **Day Three - 14 April 2008 - Monday**

All the participants gathered on the open ground after completing their morning duties by 6.45 a.m.

The session began with prayers at 7.00 a.m.

Dr.(Smt.) Shraddha Shanbhag of Bangalore conducted second practical training session. After the revisions of *Dhyana* and *Pranayama* learnt on the previous day she taught them loosening exercises and various *Yogasanas*. Mainly *Suryanamaskars* and other important *asanas*. The session was extended upto 9.30 a.m.

Breakfast was served between 9.30 a.m. and 10.30 a.m.

Next session began at 11.00 a.m. with prayers and invocation by Prof. M.S.Habhu.

Shri Vishnu Naik addressed the participants with discussion on the subject 'Leading a Complete Life - illustrating with personal experiences'.

This world is full of love and joy. Why should one fear? You lose more if you fear. Win your enemies with love and affection. Hatred can only be won over by love and affection was the message Shri Vishnu Naik gave to the students.

Dr. S.R.Nayak - Topic - Sex Education

There is a controversy regarding the introduction of sex education at primary or higher secondary level. The problem is connected with the religious sentiments and dogma. Certain religions believe that sexual education should not be imparted at

all. But the modern thinking is that it must be made a part and parcel of the curriculum. It is wrong to conclude that the children will go astray with sex education.

In this gathering, I find that there are students belonging to the age group of 13 and 14. This is the period when a boy or a girl is subjected to the biological and psychological changes.

When a boy attains the age of 13, he slowly develops mustaches, beard hair, his voice rhythm changes. Why does it happen? What is the chemistry behind it?

This is due to the secretion of hormones in the body.

In a class room if some boys are sitting making different kinds of sound and if a girl enters the room, all become silent. Why is this?

This is because she is a girl. She is different - hence the silence. The boys become aware of the presence of the girl. Attraction is the main function of the hormones.

When a boy or a girl does not develop attraction towards the opposite sex, he or she should get medically examined and get the treatment for that.

Testicles secrete 'testosterone' hormone in boys which causes attraction towards girls. During this age the development is more, more perspiration occurs, he feels more hungry, he starts developing independent thinking, he starts feeling over-confident, feels that he can do anything and so on. He might even quarrel with others. He might oppose his parents, start questioning them, etc. He might indulge in telling lies. Innocence decreases. At this age they need more directions from their elders.

In girls there are sex organs called ovaries which secrete the hormones. Estrogen and Progesterone, the sex hormones start developing at the age of 13.

Growth rate increases. They will develop all the female body characteristics. They become conscious about the male gender, develop attraction and develop shyness. They start spending more time in front of the mirror.

Have you seen 'nesting instinct' in birds? They desire to build a nest for their eggs. They build nest only when the female bird has eggs in her womb. Self consciousness of the preparation of motherhood develops.

In this modern age you should develop the tendency to ask questions and get your doubts clarified, especially on sex education.

During the interaction, views from the students were expressed and various points were discussed.

Lunch break: 1.00 to 2.00 p.m. Afternoon session began at 2.00 p.m.

It was decided to hold the next camp at Ankola on 21<sup>st</sup> and 22<sup>nd</sup> June 2008. Shri S.P.Kamat proposed that a future camp be held in a deep forest area. He said that we will plan and find out the place where a 3-day camp could be held. He told the students that they will get to learn a lot there. For which they should start the preparation in right earnest. He advised the students to study the different kinds of birds in their own locality, identify and note their names in their note-books. And if possible, get their photographs also and present it at the next camp. He told them never to put the birds in cages. They should always be free as God made them. He advised the students to study "A Book on Indian Birds" written by Dr. Salim Ali Khan.

The session ended at 2.45. p.m.

Afterwards till 4.00 p.m., more guidelines regarding *Pranayama* and *Yogasanas* were given by Mrs. Shraddha Shanbhag to the participants.

After light refreshment at 4.00 p.m. the students were taken to the sea-beach near Sagar Darshan Hall at Karwar.

Students from up-ghat area enjoyed the beauty of the sea-shore. They interacted with Shri S.P.Kamat. They posed several questions like how are waves produced, what is the speed of the waves, from where do they start, etc. The questions were patiently answered by Shri Kamat.

At 7.30 p.m. everyone returned to Gokul. After Prayers, supper was served and participants retired for the night.

Early morning on the 15<sup>th</sup> April, the students started their homeward journey from Gokul.

The total expenditure of the 3-day camp including transportation, food, accommodation and miscellaneous charges totaled out to be Rs.55593/- (Rupees Fifty five thousand five hundred ninety three).

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