

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

**PROJECT CHANGE MAKERS
FOR A BETTER TOMORROW**

3-DAY ORIENTATION RETREAT

21st to 23rd of JUNE 2008

Subject of the Retreat:
ART OF LIVING

Place:
Gokhale Centenary College, Ankola

A BRIEF REPORT

Day One - 21 June 2008 - Saturday

Registration of the participants started on Saturday, the 21st June 2008 from 9.30 a.m. at Gokhale Centenary College, Ankola. Journey tickets were collected from the participants and their signatures were obtained on the attendance register. A copy of the Camp Schedule, Prayer sheet and '*Sankalpa*' sheet along with a temporary identity card were provided to them.

The students were served light refreshment after their registration. Then the students were taken to Shri Laxminarayan Mahamaya Temple in batches where accommodation was arranged for boys and girls separately. Each batch was accompanied by an office bearer of the Trust. In all 121 students participated in the camp.

A section of the College Library was converted into a temporary Kitchen and a Dining Hall facilitating food preparation and serving the same to the participants from time to time.

All the participants gathered in the UGC Auditorium of G.C.College. The activities commenced at 11.30 a.m. with lighting of the lamp by the office bearers and representatives of the student community. After the inaugural ceremony, prayers were sung in chorus - initiated by the girl students from Gokul who were present on the occasion. Prof. M.S.Habhu recited the '*Sankalpa*' and the students repeated the same after him.

Shri Vishnu Naik made introductory remarks and gave general instructions to the participants regarding the camp.

'A Complete Life - What does it Mean?' this topic was initiated by Shri Vishnu Naik. In his speech, he stressed the importance of 'belief'. He discussed at length the existence of five basic elements - earth, water, fire, air and sky. Neither scientists can create these elements nor can they have any control over these elements. We must understand our limitations. Life is formed out of defeat, just as an idol is

formed out of a stone with the unnecessary parts being chipped off. One should find one's own role in one's life.

Parents have an important role to play in the making of the personality of their wards. The children should take guidance from parents and should come to a decision without any kind of pressure. It is dangerous to attempt to achieve the wants by unscrupulous means.

Prof. M.S.Habbu, Prof. V.R.Vernekar, Dr. R.G.Gundi and Prof. B.H.Nayak contributed with their valuable comments. Students carried forward the discussion. Smt. Rama Nayak also expressed her opinion with special reference to Mahatma Gandhi and Buddha.

The first session ended with prayers at 1.30 p.m.

Lunch break: 1.30 to 2.30 p.m.

Afternoon session began at 2.45 p.m. with *Sankalpa* (Invocation) and prayers.

Resource person Dr. (Smt.) Rama Nayak addressed the participants about gender discrimination. Highlighting the importance of ASK triangle (Attitude, Skill and Knowledge), she said that one can improve one's conception on life problems by changing the attitude with the knowledge gained and develop better skills. With the manifold enhancement of ASK triangle, one can achieve a perfect life.

After preliminary speech, Dr. Nayak divided the student participants into five groups. She made them to discuss in groups regarding the advantages and disadvantages of being a man or a woman. The points discussed were presented by the group leaders and were consolidated.

The discussion was followed by a small skit which depicted the mode of handling gender discrimination.

She obtained feedback from the participants regarding the various forms of gender discrimination. There was participatory interaction from all the participants.

Prof. V.R.Vernekar gave a brief description about the points he covered under the topic 'Mind - A Discussion' in the last orientation retreat held at Karwar. He continued with his subject further with the help of a visual slide presentation.

In his discussion he explained the following aspects regarding mind:

Emotion - positive and negative.

Sanskaras - seeds or impressions of our activities on mind.

Mind is created by food - food is not only that which one drinks or eats, but anything seen, heard, tasted, smelt or touched by our five organs.

Narrating short stories he emphasized the following aspects.

Happiness: lies in our mind and not elsewhere. Limit to happiness and satisfaction should be within our framework.

Perception: the functions of observation and hearing are not done by our eyes and ears alone. Mind derives of its own.

Desires: these are of two types - topical and fundamental. One should attempt to accomplish one's fundamental desires - *sat*, *chit* and *anand*.

Develop self confidence, keep on doing mental rehearsal. Opportunity is nowhere becomes opportunity is now here.

Chairman Shri S.P.Kamat addressed the participants and reminded them to sit in an upright position to the extent possible. He interacted with the participants on various topics.

The session ended with common prayer followed by supper.

Day Two - 22 June 2008 - Sunday

As per the guidelines given on the previous day, all the participants gathered in the auditorium 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 6.00 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.

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.Habbu.

Prof. B.H.Nayak addressed the participants about 'Life and Discipline'.

Contents of his speech are as follows:

Man in a society cannot live as he pleases but should follow certain set of rules and regulations. So discipline is a must for an orderly society. An orderly way is observed in the functioning of the Universe according to the natural laws.

Discipline is not a check on individual freedom nor is it an imposition of rules and regulations by elders. A disciplined person also has full freedom but it doesn't disturb the society nor interferes with others freedom. Discipline is an acquired quality and not an inborn quality.

He concluded his speech by discussing at length the advantages of discipline in life and gave guidelines as to how the discipline can be inculcated in student life.

Prof. M.S.Habbu addressed the gathering about 'Life and Reading'.

In his address, he described how languages grew as a form of communication. He emphasized the importance of reading in the making of a personality. With examples from literature, he explained how the reading habit would impart insight on life situations and thus enhance the process of thinking.

Dr. Anand Pandurangi, Resource Person, talked about the various aspects of student life. Excerpts from his speech -

Time is very precious and should be properly utilized. Biological clock is set in every living being to carry on the day to day activities.

Every child has some resource. Learning is a continuous process. Develop the urge for learning.

Success succeeds success. Fix a definite goal in your life. With your goal there should be a preceptor. Your constant efforts towards the goal will bring success to you.

There will be many attractions around you as you grow. Mind is very mischievous. Use attractions that are positive for your life.

Children need helping hands of their parents for their proper orientation. They should be away from imagination of wrong conceptions like inferiority complex.

Develop interest towards your studies. With proper motivation concentrate your mind. Good grasping, memorizing, registering, perseverance and practice are good methods of reading for sure success.

Media - a channel of mass communication should be used by the children only to the extent required by them.

Concentration is the pre-requisite for memory. Though there is no medicine for memory, 'a good sleep in the night can enhance memory'. Hence, eat well and sleep well.

Develop visualizing power. Do not get attracted towards unwanted things till you reach your goal.

If there are no attractions at your age, you are abnormal. Attractions are bound to be there during your growth, but do not possess wrong conceptions about these. Get doubts regarding sex related topics clarified by scientific discussion with friends and elderly people.

Lunch break: 2.00 to 3.00 p.m.

The afternoon session started at 3.00 p.m.

Dr. Pandurangi continued his lecture on the problems faced in the teenage life with special stress on male teenagers. At the same time, Dr. (Smt.) Pandurangi addressed the female teenage students in a different room. Both the resource persons interacted with the participants and patiently addressed their queries.

Another resource person Shri P.D.Sudarshan of Mundgod gave a lecture on 'Bird and Animal World' with visual slides.

He delivered his speech on flora and fauna with special reference to Uttar Kannada District. He made use of the visuals to highlight the specimens existing in various parts of the district. He gave detailed statistical information regarding the birds found in the forests of Uttar Kannada District.

Light refreshment was served at 5.00 p.m.

The participants then involved themselves in Yoga and meditation guided by Dr. (Smt.) Shraddha Shanbhag.

Then Chairman, Shri S.P.Kamat, explained to the participants at length the meaning of the various 'chakras' in the human body.

The session ended with supper at 8.30 p.m.

Early morning on 23rd June 2008, the students started their homeward journey from Shri Mahamaya Temple.
