

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

**PROJECT CHANGE MAKERS  
FOR A BETTER TOMORROW**

**3-DAY ORIENTATION RETREAT**

21<sup>st</sup> to 23<sup>rd</sup> of OCTOBER 2008

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

Place:  
GOKUL, Shirwada, Karwar

**A BRIEF REPORT**

### **Day One - 21 October 2008 - Tuesday**

Registration of the participants started 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. A copy of the Camp Schedule, Prayer sheet and 'Sankalpa' sheet along with a temporary identity card were provided to them. 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 115 students participated in the camp.

Light refreshment was served upto 11.45 a.m.

The first session began at 12.00 noon with lighting of the lamp, common prayer and 'Sankalpa' recited by Prof. M.S.habhu.

### **12.15 p.m. to 1.45 p.m.**

**Subject:** 'Ceiling on Desires'

**Resource Person:** Shri V.V.Phatharphekar

**Abstract:** In the modern world man is influenced by a lot of desires. In order to achieve these desires he follows all sorts of ways - both good and bad. One desire leads to another. Thus, there is no end for the series of desires in which he is entangled. In order to achieve a decent life there must be control over desires. The person who can control his mind is the most courageous man in this world. Therefore to achieve success in life one must control one's mind. We should not be slaves to our mind. It should be the other way round - our mind must be our slave. One who bears fewer burdens will be the happiest.

The world has changed so much that we have become workaholics. This tendency leads to unhappiness. Too many desires will cause unhappiness. The reason for mundane desires is having no knowledge of what we actually want. Such desires follow one after the other. We are not in a position to achieve all these desires. If these desires are not satisfied we become unhappy.

If the mind is not under control, man has to face the following consequences.

- So long as the mind is there, desires will not leave you.
- So long as you have desires, the false notion of 'I' and 'Mine' will not leave you.
- So long as the feeling of 'I' and 'Mine' are there, 'Ego' will not leave you.
- So long as 'Ego' does not leave you, ignorance will not leave you.

One should achieve control over desires in the following four fields”

1) Money    2) Food    3) Time    4) Energy

1. Money: Money has become God for us. Money is not everything in life. The Good Human Relation and Peace of Mind are most important in life.

God provides for everybody's need but not for his greed. Therefore, accumulating money is a great sin. It will lead you on the wrong path.

2. Food: Food is God. Do not waste food. If you waste food, you are wasting Divine Energy. Eat only what you need to eat. Do not be greedy. Do not take more than you can eat and waste the rest. Wasting food is a great sin. The surplus can feed the stomach of poor people.

Do not consider only materialistic food to be food. What we receive through our five senses only form our personality. Therefore,

See what is Good.

Hear what is Good.

Speak what is Good.

Think what is Good.

Do what is Good.

3. Time: Every moment of our life is valuable. Therefore, 'Time wasted is Life wasted'.

The entire success of our life depends upon how we spend our precious time. We love to see the beauty of the sunset in the evening. But the setting sun gives the message to us that - I am taking away one day of your precious life.

‘Time is our National Wealth. We have no right to waste it’, says Dr. Kiran Bedi, the famous Police Officer.

Time Management is the most important aspect of our life. The general complaint is ‘I have no time to do this or that work’. Such people have to give an account for how they spend 24 hours of the day. The secret of our endeavour lies in the manner in which we determine our priorities. We must fix our priorities and develop our capabilities to use time in an optimal manner. Otherwise our life would become chaotic and messy.

4. Energy: We receive our internal source of energy through the intake of food. We should utilize this energy in a well-organized manner.

We should conserve natural resources like electricity, water, petrol, food materials, etc. Our physical, mental and spiritual energies should never be wasted.

Conclusion: Highest aim of our life is: The ‘State without Desires’.

**Lunch Break: 1.45 to 3.00 p.m.**

**Afternoon Session:**

**3.00 to 5.00 p.m.**

**Subject:** ‘Technique of harnessing the inner energies - Shivayoga method and unification of energy’

**Resource Person:** Shri Pradeep Sinha and Team, Bangalore

**Abstract:** Man is endowed with a strong source of inner energies. In order to lead a peaceful life these energies must be harnessed and unified in a useful way.

Meditation and Yoga are not for achieving something. The main aim is to make life complete and beautiful. We achieve our ambitions as a by-product of this process. Students should develop taste in order to achieve their goal.

Healing is an important aspect of meditation. Universal energy is omnipotent and omnipresent. One can orient and send this energy anywhere to overcome the deficiencies of the world like a) Physical ailments b) Financial problems c) Relations d) Name and Fame.

‘Shiva’ - according to Indian mythology is the source of universal energy. In order to harness this energy one must worship Shiva with full of devotion and concentration. With this one can achieve ‘Sanjeevini Shakti’ and ‘Shambhavi Shakti’.

A student needs concentration to achieve the goal. This requires that he must follow certain rules and regulations in his daily life. He must wake up early in the morning (Brahmi muhurta) which facilitates suitable atmosphere for concentration. He must begin his activity with the utterance of a symbolic prayer (beeja mantra) invoking ‘Sharada’ - the Goddess of Learning.

Shri Avaduth Baba Shivanandji - the profounder of Shivayoga method advocates that if the students begin their studies with this beeja mantra and if they remember Himself, they will achieve concentration easily leading to success in life.

**Tea Break: 5.00 to 5.30 p.m.**

The speech was followed by a practical demonstration as to how the body can be energized from the external source of energy.

A documentary pertaining to the Swamiji, Shri Avaduth Baba Shivanandji was screened after the demonstration.

The session ended with common prayer followed by supper.

**Day Two - 22 October 2008 - Wednesday**

All the participants gathered on the open ground after finishing their morning duties by 6.45 p.m.

The session began with prayers.

Shri Niranjan Murthy of Bangalore conducted a practical training session on Dhyana and Pranayama from 7.00 a.m. to 8.45 a.m.

**8.45 to 9.45 a.m.** Refreshment was served.

Next session began at 10.00 a.m. with prayers and invocation.

**10.00 to 11.30 a.m.**

**Subject:** Art of Living

**Resource Person:** Swami Bhaveshanand, Ramakrishnashram, Karwar

**Abstract:** The life is centered around a belief.

In order to achieve the goal, there must be strong belief. We believe that the life activities are governed by God - the Almighty. Therefore, it is natural that we must have belief in God. Such a belief gives us the strength to tread along our path. Students must believe in the existence of God and start their work with a prayer to Him.

The belief in God gives strength to the individual. The success in life depends upon the belief in ourselves. We must make maximum efforts based on this belief to reach our goal.

Swamiji substantiated his speech by quoting Shlokas from scriptures. His speech was followed by Bhajans.

**Break:** 10 minute short break was given.

**11.45 a.m. to 1.00 p.m.**

**Subject: Concentration in Studies / Learning**

**Resource Person: Prof. V.R.Vernekar**

**Abstract:** Secret of success lies in concentration. Students should concentrate their mind in learning.

Perceiveness and Practice are the only means to achieve concentration.

- Frame your own time-table at home.
- Read the lessons to be taught in advance.
- Develop the practice of fast-writing using standard writing materials.
- Group discussion, repeated reading and writing, reading with understanding are the secret of good memory.
- Be cherished and take an oath that you will succeed this year securing a better grade.

Rules to be followed for preparing for the examination.

- Have good seating arrangement (Chair & Table).
- Study in serious posture.
- Study one subject at a time for one hour.
- Be away from sound pollution for good concentration.
- Love your subjects, avoid gossiping.
- Take nutritious food at appropriate time in limited quantity.
- Perform Dhyana and Pranayama regularly.
- Keep away from examination fever by regular, disciplined studies from the beginning of the year.

**1.00 p.m. to 2.00 p.m.**

**Subject: Thoughts on Dharma**

**Resource Person: Prof. Mohan Habbu**

**Abstract:** The term Dharma in the Indian context is used in a more wider sense than the term religion. Dharma is way of life. The so called 'Sanatana Dharma' - also called 'Hindu Dharma' - is different from other religions in the sense that there is no particular person to be considered as the origin of this Dharma. It has developed and come into existence over past thousands of years. The rules and regulations of this Dharma were proposed by many enlightened sages.

All religions - perhaps except Buddhism - are based on the proposition that there exists God. God has been interpreted in different ways in different religions. In Sematic religions -Islam and Christian - God is supposed to be omnipresent and omnipotent. According to Islam, Allah is the only Almighty - who controls the Universe. Christianity also agrees with this view. These two religions and religions like Buddhism, Jainism, Sikhism which originated in India were started by individuals. In essence, the central belief of all religions rests on the belief in God. In this sense, the principles of all religions rest on the belief in God. It is the man who has created fuss on the issue of religion. The need of the hour is the Knowledge that all the humans belonging to different religions belong to a common religion - that is humanity.

**2.00 p.m. to 3.00 p.m.: Lunch Break**

**3.00 p.m. to 4.30 p.m.:**

**Subject: Global Changes and Variation in Water Bodies**

**Resource Person: Commander Indu Prakash**

**Abstract: Oceans cover 70% of the Earth's surface. The oceans contain roughly 97% of the Earth's water supply.**

- Diagrammatic cross-section of an ocean basin showing various geographical features were explained.
- Ocean currents, their generation and influence were explained.
- Coriolis force and rotation effect.
- Major ocean currents.
- Backman spiral effect - water transport.
- Upwelling - types.
- Food chain at sea, tides - spring tide, neap tide.
- Cyclones, Tsunami
  - Regular wind generated waves have speed of 10-20 mph with wavelength of 300 feet.
  - Tsunami by the coast has speed of 30-200 mph with wavelength of 10000 feet.
  - Tsunami in the deep ocean has speed of 450-650 mph with wavelength over 300000 feet.
  - Density of surface sea water:  $1020-1029 \text{ Kg m}^{-3}$ .  
Deep in the ocean:  $1050 \text{ Kg m}^{-3}$ .
  - pH of sea water is 7.5 to 8.4  
Speed of sound in sea water:  $1500 \text{ ms}^{-1}$ .
- Need of Ocean: Climate, sea life, water, minerals, energy, fuel, sink for carbon.
- Effects of toxic matter in sea water & climate change.
- Disasters: Famine, floods, forest fires, sea level rise, storms, ocean current reversal.  
Change of genetic order, extinction of species, activation of new viruses / bacteria.

**4.30 p.m. to 5.00 p.m.: Light Refreshment**

**5.00 p.m. to 6.00 p.m.**

**Subject: Creativity in Life**

**Resource Person: Shri Vishnu Naik**

**Abstract:** The psychologists Mr. Gilfard and Mr. Tarens threw new light about creativity in the beginning of the last century. Earlier to this there was no imagination about creativity.

**Person with creativity:**

- Person having greater extent of individuality possess greater extent of creativity.
- Such persons get new flashes on many subjects spontaneously.
- He is ready for experiences.
- He is always ready for self corrections, changes.
- He possesses the challenge to complete the work undertaken.
- He accomplishes the work undertaken even under disorders.
- Instead of lingering over the compulsive decisions in view of common people, he would find his own solution to the problems.
- He possesses characters like logical evaluation, advanced and modern trends in thinking, etc.

Every person has limited creativity (may be of lower levels). It is not necessary that all should have high level of creativity. 1-2% of people might possess high level of creativity.

**Hurdles in our curriculum towards creativity development:**

There is no scope for creativity in our curriculum. Factors like - think like this only, study like this only, write in this way only, read only this - come in the way of creativity development.

### Suggestions for developing creativity:

- Mental freedom is very essential for creativity. Unrestricted free atmosphere for feelings and thinking free from others influence. Such an atmosphere should prevail upon inside and outside the class room.
- Creativity gets provoked if occasions are provided for asking questions after presenting a thought in order to sharpen the intelligence.
- Opportunity should be provided for reading books containing more subjects.
- External provocation should be available where creative thinking exists.
- Within the classroom, teachers should select such students and give more guidance in the subjects of their interest.

### 6.00 to 7.00 p.m.

Student participants exhibited their talent by way of singing, telling jokes, etc. a few handed over their paintings.

### 7.00 to 8.00 p.m.

A C.D. containing trekking to Gangotri (Himalayas) by Shri S.P.Kamat with Mr. Kruger was displayed and explained. The display was followed by discussion.

After prayers, supper was served.

The participants started their homeward journey early morning on 23<sup>rd</sup> October.

The total expenditure of the 2-day camp including transportation, food, accommodation and other expenses totaled Rs.49702/- (Rupees Forty nine thousand seven hundred two only).

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