

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

**PROJECT CHANGE MAKERS
FOR A BETTER TOMORROW**

3-DAY ORIENTATION RETREAT

09th to 11th of MAY 2009

Subject of the Retreat:
ART OF LIVING

Place: Shri Satyanateshwar Temple
Bakkal, Sirsi

A BRIEF REPORT

5th Orientation Retreat**Camp held on 09th, 10th & 11th May 2009****Venue: Shri Satyanatheshwar Temple, Bakkal, Sirsi****Day One - 09th May 2009 - Saturday**

Participants started arriving at the New Bus-Stand at Sirsi from 10.00 a.m. Two vehicles were arranged to take them to the camp area 15 kms. away from Sirsi.

Registration of the participants commenced from 11.00 a.m. at Bakkal. A copy of the camp schedule and an identity card were issued to each participant. In all 117 students participated in the camp.

Accommodation was provided to the boys and girls separately in the Temple premises.

A copy of the S.S.L.C. Board Examination Result sheet of each student was collected for consolidation of their results.

Pineapple juice was served in the meanwhile.

1.00 p.m. to 2.00 p.m. - Lunch was served.

2.00 p.m. to 3.30 p.m.

The first session started with lighting of the lamp, common prayer and Sankalpa.

Prof. M.S.Habbu, Prof. V.R.Vernekar, Shri Ravindra Keni and Shri K.V.Shetti interacted with the students regarding the experiences of the students during the previous four camps.

3.30 p.m. to 4.45 p.m.**Subject: Sense of Humour in Personality Development****Resource Person: Prof. M.Ramesh - Retired Professor of Kannada**

By quoting a large number of examples in day-to-day life he emphasized the role of 'Sense of Humour' in the development of one's personality.

4.45 p.m. to 5.15 p.m.- Tea Break**5.15 p.m. to 6.45 p.m.****Subject: Role of Yoga in Personality Development****Resource Person: Dr. Smt. Vijayanalini R. - Retired Professor of Kannada**

She made the students to realize the role of Yoga in personality development through a number of lively examples and made them to understand as to how to live in a stress-less world.

6.45 p.m. to 7.15 p.m.

Students participated in light entertainment to refresh themselves.

7.15 p.m. to 8.45 p.m.

Chairman Shri S.P.Kamat interacted with the participants.

The session ended with common prayer followed by supper.

Day Two - 10th May 2009 - Sunday

All the participants gathered in the open hall after completing their morning duties by 7.00 a.m.

The session began with prayers.

7.15 a.m. to 8.45 a.m.

The doctors of Nisarga Hospital, Sirsi, conducted practical training on 'Pranayana'.

8.45 a.m. to 9.30 a.m.: Refreshment was served.

9.30 a.m. to 11.00 a.m.

Students visited the famous 'Botanical Garden' at Bakkal. The garden is spread over an area of 60 acres.

The highlights of the Garden are:

1. All varieties of Medicinal plants
2. Navagraha Vana (9)
3. Shivapanchayat Vana (5) - Ganesh, Vishnu, Surya, Ambika & Shiva
4. Rashi Vana (12) (based on the zodiac)
5. Nakshatra Vana (60)

11.30 a.m. to 12.00 noon: Soft Drink was served.

12.00 p.m. to 1.30 p.m.

Topic: Values of Life and All-round Personality Development

Resource Person: Brahmakumari Veenaji of Sirsi

She stressed the need of the following aspects for 'Change Makers'.

Concentrated attention, firm power of desire, skill and efficiency

With lively examples in our activities she explained that one must develop positive attitude towards life. For success in life, she advocated '8 Golden Rules' to be imbibed by the students for the development of their personality.

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| 1. Listening | 5. Decision |
| 2. Patience | 6. Power to face |
| 3. Adaptability | 7. Co-operation |
| 4. Discrimination | 8. Responsibility |

To develop concentration, she advised them to practice 'Deepa Dhyana' - concentration on immovable light (eg. candle light) at least for 5 minutes everyday.

1.30 p.m. to 2.30 p.m.: Lunch Break

2.30 p.m. to 4.30 p.m.

Prof M.M.Hegde, Prof. M.S.Habbu, Prof. G.T.Bhat (all are retired Principals) addressed the students. They spoke on different aspects of personality development.

4.30 p.m. to 5.00 a.m.: Refreshment was served.

5.30 p.m. to 7.30 p.m.

Subject: Importance of Sangeeta in Life

Resource Person: Shri M.P.Hegde, Music School, Sirsi

He spoke on Indian Music and its importance in life and gave a recital at the end.

7.30 p.m. to 9.00 p.m.

Chairman Shri S.P.Kamat and Smt. Sreelata Kamat interacted with the students. The role of 'Chakras' on the human body were explained to the students.

Discussion was made of the line of further courses which the participant students would like to select this year.

9.00 p.m. to 9.30 p.m.

The session ended with common prayer followed by supper.

Day Three - 11th May 2009 - Monday

7.00 a.m. to 8.30 a.m.

The session began with prayers.

Practical training session on Yoga and Pranayama continued.

‘Jalaneti’ equipment was issued to each students and after demonstration, every student was given the practice of performing ‘Jalaneti’ - which is helpful in avoiding common cold and headaches.

8.45 a.m. to 12.00 noon

All the participants went for an excursion and visited two water falls: Shivaganga and Shivaganesh - 15 kms away from the camp site.

They had their breakfast at the falls.

12.30 p.m. to 1.30 p.m.: Lunch

The total expenditure of the three day camp including accommodation, transportation, food, equipment and other expenses totaled to Rs.63780/- (Rupees Sixty three thousand seven hundred eighty only).
