

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

**PROJECT CHANGE MAKERS  
FOR A BETTER TOMORROW**

**3-DAY ORIENTATION RETREAT**

20<sup>th</sup> to 22<sup>nd</sup> of APRIL 2010

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

Place:  
Gokhale Centenary College, Ankola

**A BRIEF REPORT**

### 7<sup>th</sup> Orientation Retreat

Camp held on 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> April 2010

Venue: Gokhale Centenary College, Ankola

After a span of 30 months consisting of 6 useful Orientation Retreats, the 7<sup>th</sup> and concluding session of the “Project Change Makers for a Better Tomorrow” was held at Gokhale Centenary College, Ankola, from 20<sup>th</sup> April to 22<sup>nd</sup> April 2010.

#### Day One - 20<sup>th</sup> April 2010, Tuesday

Participants started arriving at Gokhale Centenary College, Ankola from 10.00 a.m. Registration commenced simultaneously. Journey tickets were collected and their signatures were obtained on the register. A copy of the camp schedule and identity card were provided to each participant. In all, 73 students participated in the camp. Accommodation was provided in the Mahamaya Temple premises to the boys and girls separately.

#### 11.30 a.m. to 1.30 p.m.

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

Mr. Vishnu Naik, one of the resource persons, gave a brief survey of the previous six camps and shared his observations on the success of the project.

The participants were given the subject “Complete Person” and they were asked to discuss the topic from various angles forming 5 separate groups after lunch.

**1.30 p.m. to 2.30 p.m.** - Lunch break.

**2.30 p.m. to 3.30 p.m.** Group discussion about the topic given

The participants formed 5 groups, sat separately and jotted down their views after discussion.

**3.30 p.m. to 4.45 p.m.**

The group leaders came forth with their views on the topic given. Other student members came forth on their own to the platform and expressed their views freely, frankly and fluently. All the student speakers came out with their original thoughts. The positive change in the attitude of the students was clearly discernible.

The activities of the entire camp were observed by Ln. S.J.Kairanna, retired Principal of St. Joseph High School, Honnavar, and an educationist. He was specially invited for the assessment of the endeavour. Mr. Kairanna spoke on the occasion and provoked the student participants for further discussion.

**4.45 p.m. to 5.15 p.m.** - Tea break.

**5.15 p.m. to 6.30 p.m.**

The students continued their views on the topic “Complete Person”.

Shri S.P.Kamat, Chairman, Kanara Welfare Trust, interacted with the students and dealt at length with the significance of the ‘useful life’ with values such as Dharma, Artha, Kama and Moksha.

The session ended with common prayer, at 7.00 p.m.

**Day Two - 21<sup>st</sup> April 2010, Wednesday****7.30 a.m. to 8.30 a.m.**

All the participants gathered in the UGC Hall of the College at 7.30 a.m. after completing their morning duties. They performed Pranayama, Yoga and Dhyana for about an hour under the leadership of two student participants.

**8.30 a.m. to 9.30 p.m.** - Refreshment was served.

**9.30 a.m. to 10.45 a.m.**

Prof. R.S.Habbu, one of the resource persons, invited the thoughts of the participants on God, atom and silence. It may be emphasized that many students came forth with a number of meanings and ideas on each concept. Prof. Habbu consolidated their views. It was noted that such interactive session could prove to be useful as they invite active participation of the students.

**10.45 a.m. to 11.15 a.m.** - Soft drink was served.

**11.15 a.m. to 1.00 p.m.**

Prof. V.R.Vernekar presented a review of the discussion he had at the earlier camps and spoke on "Mind and its Concentration".

Ln. S.J.Kairanna continued discussion with the student participants.

**1.00 p.m. to 2.30 p.m.** - Lunch break.

**2.30 p.m. to 4.30 p.m.**

Shri Vishnu Naik spoke on 'Poet's Moment'. By giving instances he explained as to how a poem emerges out of life experiences.

Prof. M.S.Habbu presented a story involving a discussion on the principles of Physics and real life.

**4.30 p.m. to 5.00 p.m.** - Light refreshment was served.

**5.00 p.m. to 6.45 p.m.**

The participants were taken for trekking to Shedikuli at Ankola, 3 kms. away from the town.

**7.00 p.m. to 8.45 p.m.**

After returning from trekking, students gathered in the open garden of G.C.College where Shri S.P.Kamat interacted with the students. He narrated the story of Buddha and stressed for the need of peace in life. He emphasized the importance of interaction with nature. He also highlighted the importance of silence in one's daily life. The session ended with common prayer.

**8.45 p.m. to 9.30 p.m.** - Supper was served.

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**Day Three - 22<sup>nd</sup> April 2010, Thursday****8.30 a.m. to 10.30 a.m.**

All the participants gathered in the UGC Hall after completing their breakfast. The session began with prayer.

It was indeed an emotional session. After this session, the students would be returning home carrying the experiences of the entire project with them.

Many students spoke about the usefulness of these camps. They expressed their gratitude to both Kruger Foundation and Kanara Welfare Trust for their useful project and their benevolence. Some of the students said that the financial assistance given to them under the Project was very useful in continuing their education. They expressed their whole hearted gratitude to the resource persons and all the member of the Trust involved in the whole project.

The participants started their homeward journey after the session.

The total expenditure of the three day camp including accommodation, transportation, food, equipment and other expenses totaled to Rs.29821/- (Rupees Twenty nine thousand eight hundred twenty one only).

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