

[transformation]
Pārivārtān

Newsletter of Change Makers For A Better Tomorrow



A joint initiative of



Foundation for Child Aid



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CHANGE MAKERS FOR A BETTER TOMORROW / ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಪರಿವರ್ತನಾಕಾರರು

**Fifth Orientation Retreat for
Members of the Fourth Batch**

14th to 16th May 2018

Venue: **Sri Sringeri Shankar Math,
Siddapur**

**Sixth Orientation Retreat for
Members of the Fourth Batch**

1st to 3rd Dec 2018

Venue: **Sadhana Raitha Sabha
Bhavana, Halavalli, Ankola**

**Total no. of members in the
Change Makers Group - 62**

**OBJECTIVE OF PROJECT
CHANGE MAKERS**

Bringing about a qualitative and an authentic change in these young minds and prepare them to take up and accept the challenges & opportunities lying ahead in their role as change makers. The emphasis will be on –

- The Art and Science of Living
- Development of authentic personalities
- Helping the Self-Empowerment process.
- Developing positively oriented mindsets
- Developing the sense of unconditional love and concern for the fellow human beings, the environment, the society, the Nation & Mother Earth

PARIVARTAN, our newsletter's title, reflects the process of complete metamorphosis that occupies the renovation of the mind.

A protected space to grow and develop, to unfold and explore, a foothold to grip and fly... Parivartan is a journey for the nascent.

THE CHANGE MAKERS PROJECT

The world is witnessing a phenomenon not conducive for the Nature's evolutionary purpose and process. One commonly hears about Man's onslaught on the Nature, resulting in destruction of natural elements for one's own need, nay greed. The concern for the fellow human beings is marginal. Respect and love for the Nature and the environment is minimal. The Man tends to preoccupy himself in trying to only talk about this phenomenon at an intellectual level and not making a serious attempt to address the real problem.

The World cannot be changed without bringing about a change at the level of Man. If human mind changes, the world will be reflected in its change and that's the only way to change the world and save it from the downward slide that it is presently experiencing. If Man can make a positive effort to supplement the Nature's inbuilt mechanism, the acceleration towards the upward trend would be easily gained.

An attempt was envisaged and initiated at a relatively small humble level to create a group of young Boys and Girls who were in their formative years of life preferably in the age group of 14-16, who could be oriented to become change makers for the world tomorrow. The target group is chosen from the student community studying in the 8th standard in the Secondary level of Education. The candidates are selected from schools spanning the entire length and breadth of the Uttar Kannada District.

THE CAMPS HELD DURING APRIL – DECEMBER 2018

The fifth camp for this batch was organized at SRI SRINGERI SHANKAR MATH, SIDDAPUR, from 14th to 16th May 2018. The sixth camp was held from 1st to 3rd December 2018 at SADHANA RAITHA SABHA BHAVANA, HALAVALLI, ANKOLA.

Both of these camps were held in spiritual places of worship in the forest region of the Western Ghats, enabling the students to imbibe the natural splendour along with value added teachings from various resource persons who were invited to address them.

Accommodation was arranged for the participants at the respective camp sites. The students were picked up and dropped at the designated points. In the following pages we present glimpses from the two camps and also the feedback obtained from the participants.

Presented by Team CMG

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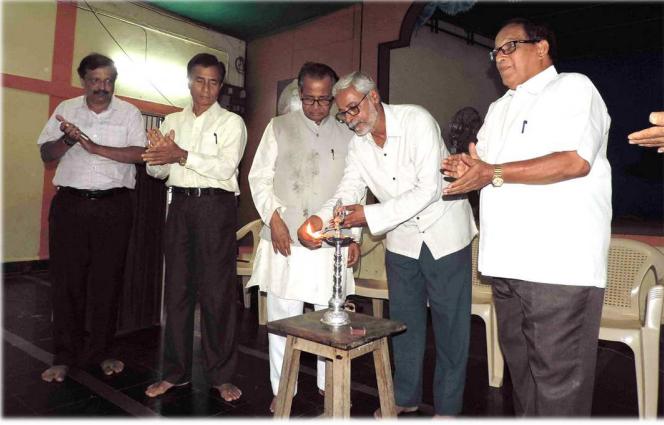
THE FIFTH CAMP

After the registration process, the first camp was formally inaugurated by lighting the traditional lamp. Shri K.V.Shetti, Administrative Officer, Kanara Welfare Trust, gave the general instructions and outlined the schedule of the camp.

Prof. M.S.Habbu recited the 'Sankalpa' and led in the prayers, namely, "Ananda Loke" and "Antaramama Vikasita Karo", which are the regular prayers of the Change Makers Group.

The camp commenced with its activities. Various resource persons addressed the group as per the schedule.

GLIMPSES FROM THE FIFTH CAMP



Inauguration of the camp by lighting the traditional lamp by camp organizers and members of the group



A few words to the participants by Shri Vijay Hegde Dodmane, Sri Sringeri Shankar Math, Siddapur



"Rights to Affection" by Shri Vishnu Naik



Shri Kaushik Hegde, an accomplished painter from Sirsi, made a beautiful presentation on the subject, "World of Art"



Shri G.G.Hegde, Balgod, on “Time Management”



Interaction with the Change Makers by the camp resource persons



On the second morning, the entire change makers group proceeded on a short hiking trip, ably guided by Shri V.T.Gouda, Teacher of Janata Vidyalaya, Bedkani, Siddapur. On the way back, the participants plucked wild berries and relished them.



“See You at the Top” by
Shri Kashinath Diwakar



Shri R G Bhat on
“ಶಿಕ್ಷಣದಲ್ಲಿ ಆಧ್ಯಾತ್ಮ”



“Health & Ayurveda” – Dr. Roopa Bhat,
Dhanvantari Ayurveda College, Siddapur



Chairman’s Session – Interaction of Smt. Sreelata & Shri S.P.Kamat with the Change Makers Group



Students relishing the mangoes from the Gokul garden



with members from the third CMG Batch – Aditya Yaji,
Sheshank Kindalkar, Sandeep Bhandari & Tarun Ganiger

THE SIXTH CAMP

The sixth camp was organized at Sadhana Raitha Sabha Bhavana, Halavalli, Ankola. The CMG members were picked up from Ramanagulli bus-stand and taken by vehicle to the camp venue. They were allotted common rooms in the premises and two halls – one outdoor & one indoor hall were utilized to conduct the sessions.

Prof. M.S.Habbu recited the '*Sankalpa*' and led in the prayers. The prayers, "*Ananda Loke*" and "*Antaramama Vikasita Karo*", which are the regular prayers of the Change makers Group, were also recited.

After the formal inauguration, the camp commenced with its activities. Various resource persons addressed the group as per the schedule. A short trek was conducted on the second day.

GLIMPSES FROM THE SIXTH CAMP



Formal inauguration of the second camp by resource persons and CMG members



Prof. V.R.Vernekar on the subject "Me and My Home"



Dr. Ashwin R. & Ms. Namita Sarang addressed the Change Makers Group on the subject of Aerobics, Wellness and leading a Healthy Lifestyle. Practical demonstration of Aerobics was given which the students enjoyed very much.



A new activity of debating was presented by the CMG students. The topic given was “Social media is ruining the life of students”. Many of the students participated in the debate.



The morning trek within the small forest hill was exhilarating. The path taken led through a couple of brooks and private plantations. Prof. M.S.Habbu and the Trust Office team accompanied the group.



Prof. M.S.Habbu on
ನಡೆ – ನುಡಿ



Shri N.M.Hegde on “Relevance of
Ramayana & Mahabharata”



Shri Vishnu Naik on
ಹೆಣ್ಣೆಂಬ ದೇವರು



Chairman's session on the banks of the stream was highly engrossing. Fruits & chocolates which he had brought with him were distributed among the group.



It was nice to see some of the participants lending a helping hand to the workers at the orientation camp.



Saira, a 2½ year old girl and daughter of one of the workers at the camp site, was the centre of attraction for most of the students. Be it playing a game of kabaddi or just posing for a selfie with them, she was living in the moment, a lesson we all need to learn to survive the hustle-bustle of our routine lives.



Pictures from the entertainment session of the Change Makers Group

BEHIND THE SCENES

Kruger Foundation for Child Aid, based in Karwar, on the west coast of India, envisages a role for itself in helping children in distress & need. The role of the Foundation transcends beyond the help to the children and encompasses several other activities aimed at bringing a positive change in the social structure of the society. Areas such as health care, education, village sanitation, village restructuring, supporting people in distress in general and young children in particular are the focused targets of the Foundation.

Kanara Welfare Trust, pioneer Institution of Uttar Kannada District has been working for the cause of education and social upliftment since 1953. The Trust has to its credit 45 Institutions – schools & colleges, most of them located in remote and rural areas of the district. Its main concern has been the emancipation of the poor and downtrodden people of the district. The Trust has been conducting various meaningful experiments in the field of the rural development for nearly six decades. Being rooted in the rural background of Uttar Kannada District, the Trust balances the aspirations of the rural people and the modern requirements.

Kruger Foundation, Karwar, and the Kanara Welfare Trust, Ankola, have been working hand-in-hand to implement several projects in the forest district of Uttar Kannada in the fields of education, rural health care, social empowerment, etc. One of the projects - '**Change Makers For A Better Tomorrow**' focuses on developing positively oriented mindsets in teenage children.

After a filtering process consisting of many rounds, a group of 64 members were selected to comprise the fourth batch. This batch of young boys and girls in the age group of 13-14 are brought together every 3 months for special camps wherein they are imparted with thought-provoking sessions by holistic experts from various fields. The camps are held at various places in the district which are as close to nature as possible. The only criteria being that the locations should be secluded from common walks of life but having access to hygienic accommodation and sanitation facilities.

The camp sites are finalized in consultation with the Chairman. The organizing team from the Trust Office visits these places beforehand and arranges for securing the required facilities for the duration of the camp. A letter intimating the dates and venue of the camp is sent to each individual member. Resource persons are approached personally and requested to address the group on a subject of their choice and expertise. A schedule of the camp with individual sessions and timings is prepared, which is given to all the participants at the time of registration.

The organizers make it a point to be present at the pick-up station well before the scheduled time given to the participants. Transportation facility is arranged wherever required. On arrival, participants are escorted to the venue and after completion of registration formalities, activities of the camp formally commence. Regular breaks are included in the schedule so as to break the monotony and enable the members to get refreshed. A physical activity session in the form of yoga or trekking is incorporated in each camp. Only pure vegetarian fare is served for meals & refreshment. Packaged distilled water is used for drinking & cooking meals.

Accommodation with adequate sanitary facilities is arranged separately for boys & girls. First aid kits, common medicines, torches, etc. form the compulsory accompaniment to the organizing gear. The children are required to bring their own bedclothes, necessary clothing, etc. A set of stainless steel items consisting of dinner plates, tumblers, cups, spoons, etc. were issued to each member which they are required to carry for the camp. The participants of the camp are expected to follow proper decorum and discipline at every camp. Use of mobile phones is limited to a short while after the end of each day's activities.

After completion of the camp, the students have to submit a feedback form wherein they can write their suggestions & opinions. These observations are duly noted by the organizing team and incorporated in the forthcoming camps. To & fro journey fare incurred by the participants to attend each camp is reimbursed on the last day. The change makers are entitled to a special incentive amount of Rs.500/- each month for the duration of the batch provided they attend the camps regularly. This amount is credited online to their individual bank accounts on a quarterly basis.

At the end of each camp, the participants are dropped to the nearest central bus-station from where they can resume their homeward journey. After the camp is over, the individual session report, feedback and photographs are compiled in the form of this newsletter and distributed to the change maker students at the next camp.

TRUST OFFICE STAFF & ORGANIZING TEAM



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