



ವಿಶೇಷಬೇತನರ ಸಬಲೀಕರಣಕ್ಕಾಗಿ ಸಮರ್ಪಿತ

Project Report

of

Suchethana Camp - 1

A Wellness Program for

Intellectually Challenged Children and their Parents

(A Pilot Project)

Date: 30-Dec-2022

Venue: Madhava Shristi, Rashtrathana Goshala, Sri Subramanya Ghati,

Doddaballapura

1. About the Project

i. Vision:

1. Attempt to improve Intellectual challenged children's abilities by indulging them with nature & playful outdoor activities
2. To Empower the parents of Intellectual children by spiritual & medical assistance
3. Create awareness to reduce the Intellectual challenge problem in the society by associating with experts

ii. Mission

Suchethana camp is planned as a result oriented pilot project to interact directly with Intellectually challenged children & their parents and closely involve with them to understand their requirements & what Sakshama can do to improve their life. First camp is planned for 2 districts (Bengaluru-Rural & Chikkaballapura) which includes Chikkaballapura, Gauribidanur, Shidlaghatta & Devanahalli regions.

In this program Intellectual challenged children are allowed to play with nature which includes cuddling with calves, herbal plantation walk, simple outdoor games as applicable. Goshala is intentionally chosen for this purpose and allow the children to open up and play at their free will. Parents will have counselling session, followed by simple spiritual practices. Whole purpose of the camp is true empowerment of parents and an attempt to improvise children's abilities. It is also an attempt to infuse spirituality in daily life along with appropriate medical assistance to the participants, thus enabling them to be self-dependant, confident and happier. A spiritual master's help is sought for this activity to create positivity in participants.

This program is planned as per direction of Dr. Kiran (President Sakshama Bengaluru), supported by Dr. Harikrishna Rai (Secretary Sakshama Karnataka), Sri

Ramesh Prabhu (Treasurer, Sakshama Karnataka), Sri Nagaraj K (Secretary, Sakshama Bengaluru) and executed by Sri Jagadish & Sri. Arun K (Sakshama Karnataka Executive committee members). A guidance from Acharya Arun Prakash Ji, Jeevana Yoga Pratisthana was sought & the program is planned accordingly.

iii. Associates:

Suchethana program is conducted by Sakshama in thankful association with below organization/persons

1. Acharya Arun Prakash, Jeevana Yoga Pratisthana
2. Dr. Jeevan Ji, Madhava Shristi, Rashtrotthana Goshala
3. Snr PPF N Srinivas, Senior Chamber International, Chikkaballapura Legion
4. Sri Rudresh Murthy, President, Rotary Club, Vijayapura
5. DEIC (District Early Intervention Centre), Chikkaballapura
6. Sri Venkatamurthy, 7 Hills

IV. Participants Summary

Totally more than 120 people were present in the camp. Details of all participants are listed as below.

1. 76 children/parents were present in the camp which included 38 Intellectually challenged children & 38 parents
 - a. 18 children from Shidlaghatta, 6 children from Gauribidanur, 9 Children from DEIC, 5 children from Devanahalli
2. 7 Doctors were present from DEIC
3. Around 30 Sakshama Volunteers from Sakshama Bengaluru, Sakshama Mysuru, Sakshama Bengaluru-Rural. This includes Special education resource teachers, rehabilitation workers & general teachers.

4. 6 Volunteers from Jeevana Yoga

5. More than 6 guests were present from Sakshama & partner organizations

I. Pre-work:

Sakshama co-ordinators from Bengaluru, Mysuru, Bengaluru-Rural, Chikkaballapura, Shidlaghatta, Gauribidanur have worked together for 2 weeks to finalize the arrangements for the program. Team met every-day at 7:00pm from 20-Dec to 29-Dec to discuss & align on the activities to be done. The pre-work involved mobilizing volunteers, Contacting donors, Associating with other NGOs, Aligning with DEIC, Taking permissions from Health & Education departments, Transportation arrangements, food arrangements, etc. Two Buses were arranged to bring participants from Shidlaghatta, Chikkaballapura & Gauribidanur.

II. Event Schedule/Planning

S.No	Task	Duration	Start Time	Who
1	Bus Pickup for children/parents	1:30:00	7:30:00	Shidlaghatta: Radha, Sujatha, Vandana, Munegouda, Chikkaballapura: Amaravathi, Umeshwari Gauribidanur: Shanthamma, Narasimhamurthy
2	Mask Distribution/Badge distribution	0:40:00	9:00:00	Volunteers
3	Breakfast	0:40:00	9:40:00	All
4	Registration/Medical reports	0:40:00	9:40:00	Subramani, Vandana, +Volunteers
5	Assembling at Hall	0:05:00	9:40:00	All
6	Prayer	0:05:00	9:45:00	Chandru
7	Prasthavika Nudi	0:05:00	9:50:00	Varadaji
8	Swagatha (Welcome)	0:05:00	9:55:00	Raghavendraji
9	Inauguration	0:05:00	10:00:00	Acharya, Jeevanji, Snr Srinivas, Shyamsundar DEIC, Rotarians, Munegouda
10	Hitha nudi By Acharya	0:20:00	10:05:00	Acharya
11	Activity for Children with Calves	1:30:00	10:25:00	Volunteers
12	Drink Break	0:15:00	11:55:00	All
13	Session for Parents by Acharya	0:50:00	12:10:00	Acharya
14	Lunch	1:00:00	13:00:00	All
15	Counselling for parents, Siridhanya awareness	1:00:00	14:00:00	Acharya, Munegouda
16	Outdoor session for children (Herbal walk, Play)	1:30:00	15:00:00	Volunteers
17	Snack Break	0:15:00	16:30:00	All
18	Samvaada/Medical reports	0:30:00	16:45:00	Acharya, Volunteers
19	Gifts distribution for children	0:15:00	17:15:00	Volunteers
20	Closing session+Vandanarpane	0:10:00	17:30:00	Vijayalaxmi
21	Agnihotra	0:10:00	17:40:00	Parents
22	Departure/Temple Visit	0:30:00	17:50:00	All
23	Media Reporting	0:30:00	18:20:00	Team

2. Synopsys of Camp Events

On 30-Dec at around 7:00am, Co-ordinators/volunteers started from Vijayapura, Bengaluru-rural, with 2 buses from provided by 7 hills organization. Teachers/co-ordinators did pooja to the buses before starting. Children & parents are picked at various places through Shidlaghatta, Chikkaballapura, Gauribidanur. Respective teachers from each place also travelled in the same bus. A necessary medical arrangements (first aid kit, medicines etc) also made available before the travel. Medical check-ups (BP, SPO2, pulse, temperature) are done to the participants while travelling in the bus. Registration form is filled for all participants & an agreement letter also signed by parents/representatives. Both the buses have reached the venue at around 10:30am. Acharya Arun Prakash & Team have arrived at around 9:15am.

Upon arriving at the venue 3 groups of children/participants are made & 2 co-ordinators are assigned to each. Breakfast is served for all participants at the venue. Food was prepared at Goshala itself by goshala employees.

After breakfast everyone assembled at the hall at around 11:15am for a small stage program. Welcome speech, Introduction, Inauguration & Guest talk is done as planned. After the stage program, participants are guided towards Goshala cowshed where majority of calves are kept. Both children and parents were fully engaged & enjoyed playing with cows & calves for about one and half hours, before lunch break. Post lunch session included counselling for parents, parents feedback followed by a 15mins meditation session. After meditation all have headed to Dhanwantri Park which is a 30 acre herbal plantation managed by Goshala. Goshala had arranged tractors to carry the children & parents to the plantation area. Children enjoyed serene atmosphere of the herbal plantation by walking around & observing the plants, which took about 1 hours.

A quick snack was served at Goshala after returning from plantation walk. Wooden toy gift is distributed to all children. Four sets of wooden bowling kit is also given to the represented schools. Sri Jagadishji & Acharya Arun Prakashji honoured all teachers & volunteers by gifting Bharathmatha Photo. Post the closing ceremony parents were taken to Shri Ghati Subramanya temple, with special permission from temple authorities, and all participants have departed from the temple by around 7:30pm.

All children & parents seemed happy and satisfied while returning, parents & teachers expressed gratitude to be part of such activity of openness and for the opportunity to interact closely with Acharya Arun Prakash.

Thank you note for all donors & associates has been dispatched.

3. Details of Suchethana Camp

Under the leadership of **Samadrishti Kshamata Vikasa and Anusandhana Mandal**, Bengaluru and under the guidance of Acharya Arun Prakash, Founder of Jeevan Yoga Foundation and in association with Senior Chamber of International Chikkaballapura Unit, Rotary Vijayapura and DEIC (District Rapid Intervention Centre) Chikkaballapura, On Friday 30-12-22, a **Saksham Suchethana** camp was organized for intellectually challenged children under 15 years and their parents at Rashtrotthana Goshala, Ghati Subramanya, Doddaballapura taluk.

In this camp, 18 children from Shidlaghatta taluk of Chikkaballapura district, 6 children from Gauribidanur taluk, 9 children from DEIC and 5 children from Devanahalli taluk, a total of 38 children with intellectual challenges along with their parents participated in the workshop.

The workshop was started with an invitation to guests & participants by Mr. Arun and an environmental song called Bhoomi Geeta Namana by a young folk singer

Mr. Chandrasekhar. Mr. Raghavendra, a volunteer and English teacher, welcomed all the dignitaries and Mrs. Varada Hegde provided introductory speech. Acharya Arun Prakash of Jeevan Yoga Foundation inaugurated the workshop by lighting a Jyoti with differently-abled children. Acharya during his speech told, everyone should adopt a good lifestyle to make our life like Jyoti as Jyoti will only move upwards & never downwards. He also suggested cows are the love of the world, many physical and mental problems in our lives can be solved by cows, so in our Sanathana Dharma Gurukul system of education, rearing of cows was an important system of education. In this regard, he instilled confidence in the parents by informing that it is very reasonable to organize the workshop in the Goshala with the aim of finding solutions to the social and psychological and immature behavioral problems of intellectually disabled children.

Then Acharya guided the specially-abled children to play with the little cows in the cow school. With Guruji, the children played with the cows to their heart's content, and we observed the following positive changes in the children from this one activity:

- 1) Children showed signs of adaptation to new environment
- 2) Children's behavior was found to be under control
- 3) The amount of saliva flowing in the mouth of some children has reduced
- 4) Children were expressing happiness
- 5) The doctors of DEIC were also happy to see the positive change in all the children

Overall, there were positive changes in the environment where the cows were located. During the mid-day meal everyone prayed together and received a delicious meal which created a bond of humanity among all.

In the afternoon, Guruji conducted a special intimate counseling workshop and mass meditation for the parents. As a result of this, the inferiority complex of the parents

was reduced and a sense of hope was added to them regarding the nutrition of the children. The practice of meditation inspired them to adopt a better life style in the future.

Then in the last session of the workshop, parents and volunteers together with all the children went on a plantation tour to enjoy the beauty of the forest of medicinal plants grown in an area of about 5 acres developed under the guidance of renowned environmentalist Yallappa Reddy. Ramachandra, the supervisor of Rashtrrothana Goshala, conveyed the information about medicinal plants in a touching manner. The richness of very healthy & beautiful forest environment, filled all the specially-abled children with a new lease of life as well as in the parents and volunteers.

Positive aspects we noticed in this forest walk are as below:

- 1) There was a positive change in everyone's breathing
- 2) According to the doctor of DEIC who came with us, mental stress has reduced
- 3) Despite participating in the workshop continuously from morning to evening, no physical and mental fatigue was found in most of the participants.

The root cause of all these positive changes are the cows, the medicinal forest and the beautiful environment of the Goshala and the association of the Acharya. Finally, in the farewell ceremony, toys were given to each child and souvenirs were given to the volunteers.

All in all, the workshop from morning to evening was very pleasant and full of divine energy. Thus, there was no impatience or resistance among the children (even during meditation) and there was a good response to the workshop not only from the children but also from the parents and volunteers, thus the workshop was a success by the grace of God. At 6:30 in the evening, participants reluctantly said goodbye to the Goshala, the place of Kamadhenu, and the supervisors of the Goshala. After that everyone got the darshan of Ghati Subramanya Swami and received the Lord's grace

with a blessed feeling of happiness and returned safely from the camp to respective home with the help of volunteers.

About 30 volunteers have served without any reward for the success of this workshop. Among them, special education resource teachers, homemakers, students, rural rehabilitation workers, general teachers and other workers, and doctors were involved.

The head of Rashtrotthana Goshala Dr. Jeevan Ji, Founder and President of Sr. Chamber of International Chikkaballapura, N Srinivasa, Venkatesh Murthy of Seven Hills Institute and all the staff of DEIC, Saksham's Vivek Sakleshpur and Smt. Varada Hegde were present and advised and guided the program successfully.

In the preparation and implementation of this workshop efforts of the president of Sakshama Bengaluru Unit, Dr. Kiran, Secretary Mr. Nagaraj, Secretaries of Saksham Dakshin Pranth Dr. Harikrishna, Treasurer Mr. Ramesh Prabhu, Executive Members Mr. Arun and Mr. Jagadish and Vivek Sakleshpur, are highly commendable.

Sakshama Mysore, Bengaluru Rural Unit and Chikkaballapura District Unit members have co-operated in organizing this function which is an example of the performance of national organization Saksham.

Saksham Bharat Samarth Bharat

4. ಸುಚೇತನ ಶಿಬಿರದ ವಿವರ

ಸಮದೃಷ್ಟಿ ಕ್ಷಮತಾ ವಿಕಾಸ ಮತ್ತು ಅನುಸಂಧಾನ ಮಂಡಲ, ಬೆಂಗಳೂರು ನೇತೃತ್ವದಲ್ಲಿ ಹಾಗೂ ಜೀವನ ಯೋಗ ಪ್ರತಿಷ್ಠಾನದ ಸ್ಥಾಪಕರಾದ ಆಚಾರ್ಯ ಅರುಣ್ ಪ್ರಕಾಶ್ ರವರ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ಹಾಗೂ ಸೀನಿಯರ್ ಚೇಂಬರ ಆಫ್ ಇಂಟರ್ನ್ಯಾಷನಲ್ ಚಿಕ್ಕ ಬಳ್ಳಾಪುರ ಘಟಕ ರೋಟರಿ ವಿಜಯಪುರ ಮತ್ತು ಚಿಕ್ಕಬಳ್ಳಾಪುರದ ಡಿ .ಇ.ಐ .ಸಿ (ಜಿಲ್ಲಾ ಕ್ಷಿಪ್ರ ಮಧ್ಯಸ್ಥಿಕ ಕೇಂದ್ರ) ಸಹಯೋಗದಲ್ಲಿ, ದಿನಾಂಕ 30- 12 -22 ರ ಶುಕ್ರವಾರದಂದು ದೊಡ್ಡಬಳ್ಳಾಪುರ ತಾಲೂಕಿನ ಘಾಟಿ ಸುಬ್ರಹ್ಮಣ್ಯ ದಲ್ಲಿರುವ ರಾಷ್ಟ್ರೀಯ ಗೋಶಾಲೆಯಲ್ಲಿ 15 ವರ್ಷದೊಳಗಿನ ಬೌದ್ಧಿಕ ವಿಕಲತೆಯ ಮಕ್ಕಳು ಮತ್ತು ಅವರ ಪೋಷಕರಿಗಾಗಿ ಸಕ್ಷಮ ಸುಚೇತನ ಶಿಬಿರವನ್ನು ಆಯೋಜಿಸಲಾಗಿತ್ತು. ಈ ಶಿಬಿರದಲ್ಲಿ ಚಿಕ್ಕಬಳ್ಳಾಪುರ ಜಿಲ್ಲೆಯ ಶಿಡ್ಲಘಟ್ಟ ತಾಲೂಕಿನಿಂದ 18 ಮಕ್ಕಳು, ಗೌರಿಬಿದನೂರು ತಾಲೂಕಿನಿಂದ 6 ಮಕ್ಕಳು, ಡಿ.ಇ.ಐ.ಸಿ ವತಿಯಿಂದ 9 ಮಕ್ಕಳು ಹಾಗೂ ದೇವನಹಳ್ಳಿ ತಾಲೂಕಿನಿಂದ 5 ಮಕ್ಕಳು ಒಟ್ಟು 38 ಬೌದ್ಧಿಕ ವಿಕಲತೆಯ ಮಕ್ಕಳು ಅವರ ಪೋಷಕರೊಡನೆ ಕಾರ್ಯಾಗಾರದಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದರು.

ಕಾರ್ಯಾಗಾರದ ಉದ್ಘಾಟನೆಯು ಶ್ರೀ ಅರುಣ್ ರವರ ನಿರೂಪಣೆಯೊಂದಿಗೆ ಮತ್ತು ಜನಪದ ಯುವ ಗಾಯಕರಾದ ಶ್ರೀ ಚಂದ್ರಶೇಖರ್ ಅವರ ಭೂಮಿ ಗೀತೆ ನಮನ ಎಂಬ ಪರಿಸರ ಗೀತೆಯೊಂದಿಗೆ ಪ್ರಾರಂಭವಾಯಿತು. ಸ್ವಯಂಸೇವಕರು ಹಾಗೂ ಆಂಗ್ಲ ಭಾಷೆ ಶಿಕ್ಷಕರಾದ ಶ್ರೀ ರಾಘವೇಂದ್ರವರು ಎಲ್ಲಾ ಗಣ್ಯರಿಗೆ ಸ್ವಾಗತವನ್ನು ಕೊರಿದರು ಮತ್ತು ಶ್ರೀಮತಿ ವರದಾ ಹೆಗಡೆಯವರು ಪ್ರಾಸ್ತಾವಿಕ ಭಾಷಣ ಮಾಡಿದರು. ಜೀವನ ಯೋಗ ಪ್ರತಿಷ್ಠಾನದ ಆಚಾರ್ಯ ಅರುಣ್ ಪ್ರಕಾಶ್ ರವರು ದಿವ್ಯಾಂಗ ಮಕ್ಕಳೊಡನೆ ಜ್ಯೋತಿ ಬೆಳಗಿಸುವುದರೊಂದಿಗೆ ಕಾರ್ಯಾಗಾರವನ್ನು ಉದ್ಘಾಟಿಸಿ, ಜ್ಯೋತಿಯಂತೆ ನಮ್ಮೆಲ್ಲರ ಬದುಕು ಉದ್ಧರ ಮುಖವಾಗಿರಲು ಪ್ರತಿಯೊಬ್ಬರು ಉತ್ತಮ ಜೀವನಶೈಲಿ ರೂಢಿಸಿಕೊಳ್ಳಬೇಕು, ಗೋವುಗಳು ಭೂಲೋಕದ ಕಾಮಧೇನುವಾಗಿದ್ದು ನಮ್ಮೆಲ್ಲರ ಬದುಕಿನ ಹಲವಾರು ದೈಹಿಕ ,ಮಾನಸಿಕ ಸಮಸ್ಯೆಗಳಿಗೆ ಗೋವುಗಳಿಂದ ಪರಿಹಾರ ಕಂಡುಕೊಳ್ಳಬಹುದು, ಹಾಗಾಗಿ ನಮ್ಮ ಸನಾತನ ಧರ್ಮದ ಗುರುಕುಲ ಶಿಕ್ಷಣ ಪದ್ಧತಿಯಲ್ಲಿ ಗೋವುಗಳ ಪಾಲನೆಯು ಪ್ರಮುಖವಾದ ಶಿಕ್ಷಣ ಪದ್ಧತಿಯಾಗಿತ್ತು. ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಬೌದ್ಧಿಕ ವಿಕಲಚೇತನ ಮಕ್ಕಳ ಸಾಮಾಜಿಕ ಹಾಗೂ ಮಾನಸಿಕ ಮತ್ತು ಅಪಕ್ವ ವರ್ತನಾ ಸಮಸ್ಯೆಗಳಿಗೆ ಪರಿಹಾರವನ್ನು ಕಂಡುಕೊಳ್ಳುವ ಉದ್ದೇಶದಿಂದ ಕಾರ್ಯಾಗಾರವನ್ನು ಗೋಶಾಲೆಯಲ್ಲಿ ಆಯೋಜಿಸಿರುವುದು ಅತ್ಯಂತ ಸಮಂಜಸವಾಗಿದೆ ಎಂದು ತಿಳಿಸುವುದರ ಮೂಲಕ ಪೋಷಕರಲ್ಲಿ ಆತ್ಮವಿಶ್ವಾಸವನ್ನು ತುಂಬಿದರು.

Participants at starting point, Medical check-ups at Bus



Breakfast at Goshala



Decorated cows at Goshala



Invitation to guests & participants by Sri Arun K



Welcome speech by Sri Raghavendra



Inauguration



Participants assembled at Hall, Speech by Acharya



ತದನಂತರ ಗೋ ಶಾಲೆಯಲ್ಲಿರುವ ಚಿಕ್ಕ ಚಿಕ್ಕ ಗೋವುಗಳ ಜೊತೆಯಲ್ಲಿ ವಿಶೇಷ ಚೇತನ ಮಕ್ಕಳು ಆಟವಾಡಲು ಗುರೂಜಿಯವರು ಮಾರ್ಗದರ್ಶನ ನೀಡಿದರು. ಗುರೂಜಿಯವರೊಂದಿಗೆ ಮಕ್ಕಳು ಗೋವುಗಳ ಜೊತೆ ಮನದಣಿವಷ್ಟು ಆಟವಾಡುತ್ತ ನಲಿದರು, ಹಾಗೂ ಈ ಒಂದು ಚಟುವಟಿಕೆಯಿಂದ ಮಕ್ಕಳಲ್ಲಿ ಕೆಳಕಂಡ ಧನಾತ್ಮಕ ಬದಲಾವಣೆಗಳನ್ನು ನಾವು ಗಮನಿಸಿದೆವು.

- 1) ಮಕ್ಕಳಲ್ಲಿ ಹೊಸ ಪರಿಸರಕ್ಕೆ ಹೊಂದಿಕೊಳ್ಳುವ ಲಕ್ಷಣಗಳು ಕಂಡುಬಂದಿತು
- 2) ಮಕ್ಕಳ ವರ್ತನೆಯು ನಿಯಂತ್ರಣದಲ್ಲಿ ಇರುವುದು ಕಂಡು ಬಂದಿತು
- 3) ಕೆಲವು ಮಕ್ಕಳ ಬಾಯಲ್ಲಿ ಸುರಿಯುತ್ತಿದ್ದ ಜೊಲ್ಲಿನ ಪ್ರಮಾಣ ಕಡಿಮೆಯಾಗಿತ್ತು
- 4) ಮಕ್ಕಳು ಸಂತಸದ ಭಾವನೆಯನ್ನು ವ್ಯಕ್ತಪಡಿಸುತ್ತಿದ್ದರು
- 5) ಮಕ್ಕಳಲ್ಲಾದ ಧನಾತ್ಮಕ ಬದಲಾವಣೆಯನ್ನು ಕಂಡು ಡಿ.ಇ.ಐ.ಸಿ ಯ ವೈದ್ಯರೂ ಕೂಡಾ ಸಂತಸಪಟ್ಟರು

ಒಟ್ಟಿನಲ್ಲಿ ಗೋವುಗಳು ಇರುವ ಪರಿಸರದಲ್ಲಿ ಪ್ರತಿಯೊಬ್ಬರಲ್ಲೂ ಧನಾತ್ಮಕವಾದ ಬದಲಾವಣೆಗಳು ಕಂಡು ಬಂದಿತು.

Children & parents playing with calves at Goshala cow shed







Lunch served at Goshala Hall



ಮಧ್ಯಾಹ್ನದ ಭೋಜನದ ಸಮಯದಲ್ಲಿ ಎಲ್ಲರೂ ಒಟ್ಟಾಗಿ ಪ್ರಾರ್ಥನೆ ಮಾಡುವುದರ ಮೂಲಕ ಸ್ವಾದಿಷ್ಟವಾದ ಭೋಜನ ಸ್ವೀಕರಿಸಿದ್ದು ಎಲ್ಲರಲ್ಲಿಯೂ ಮಾನವೀಯತೆಯ ಬಾಂಧವ್ಯದ ಬೆಸುಗೆಯನ್ನು ಉಂಟುಮಾಡಿತು.

ಮಧ್ಯಾಹ್ನದ ಅವಧಿಯಲ್ಲಿ ಗುರೂಜಿಯವರು ಪೋಷಕರಿಗೆ ವಿಶೇಷವಾದ ಆಪ್ತ ಸಮಾಲೋಚನ ಕಾರ್ಯಾಗಾರವನ್ನು ಹಾಗೂ ಸಾಮೂಹಿಕ ಧ್ಯಾನವನ್ನು ನಡೆಸಿಕೊಟ್ಟರು. ಇದರ ಫಲವಾಗಿ ಪೋಷಕರಲ್ಲಿ ಕೀಳರಿಮೆ ಕಡಿಮೆಯಾಗಿ ಮಕ್ಕಳ ಪೋಷಣೆಯ ಬಗ್ಗೆ ಅವರಲ್ಲಿ ಆಶಾ ಭಾವನೆ ಮೈಗೂಡಿತು. ಧ್ಯಾನದ ಅಭ್ಯಾಸ ಭವಿಷ್ಯದಲ್ಲಿ ಉತ್ತಮ ಜೀವನ ಶೈಲಿಯನ್ನು ರೂಢಿಸಿಕೊಳ್ಳಲು ಪ್ರೇರಣೆ ನೀಡಿತು.

ತದನಂತರ ಕಾರ್ಯಾಗಾರದ ಕೊನೆಯ ಅವಧಿಯಲ್ಲಿ ಖ್ಯಾತ ಪರಿಸರ ತಜ್ಞ ಯಲ್ಲಪ್ಪ ರೆಡ್ಡಿ ಅವರ ಮಾರ್ಗದರ್ಶನದಲ್ಲಿ ಅಭಿವೃದ್ಧಿಗೊಂಡ ಸುಮಾರು 5 ಎಕರೆ ವಿಸ್ತೀರ್ಣದಲ್ಲಿ ಬೆಳೆಸಿರುವ ಔಷಧಿಯುಕ್ತ ಗಿಡಮರಗಳ ವನದ ಸೊಬಗನ್ನು ಆಸ್ವಾದಿಸಲು ವನ ಸಂಚಾರವನ್ನು ಎಲ್ಲಾ ಮಕ್ಕಳೊಡನೆ ಪೋಷಕರು ಹಾಗೂ ಸ್ವಯಂಸೇವಕರು ಒಗ್ಗೂಡಿ ವನ ಸಂಚಾರ ಮಾಡಿದರು. ರಾಷ್ಟ್ರೀಯ ಗೋಶಾಲೆಯ ಮೇಲ್ವಿಚಾರಕರಾದ ರಾಮಚಂದ್ರವರು ಔಷಧಿಯುಕ್ತ ಸಸ್ಯಗಳ ಮಾಹಿತಿಯನ್ನು ಮನಮುಟ್ಟುವಂತೆ ತಿಳಿಸಿದರು. ಅತ್ಯಂತ ಆರೋಗ್ಯಯುತವಾದ ಸುಂದರ ವನ ಸಿರಿಯ ಪರಿಸರ ಎಲ್ಲಾ ವಿಶೇಷ ಚೇತನ ಮಕ್ಕಳಲ್ಲಿ ಪೋಷಕರಲ್ಲಿ ಹಾಗೂ ಸ್ವಯಂಸೇವಕರಲ್ಲಿ ಹೊಸ ಜೀವನೋತ್ಸವವನ್ನು ತುಂಬಿತು.

Herbal Plantation walk



ಈ ವನ ಸಂಚಾರದಲ್ಲಿ ನಾವು ಗಮನಿಸಿದ ಧನಾತ್ಮಕವಾದ ಅಂಶಗಳು

- 1) ಎಲ್ಲರ ಉಸಿರಾಟದಲ್ಲಿ ಧನಾತ್ಮಕ ಬದಲಾವಣೆ ಕಂಡು ಬಂದಿತ್ತು
- 2) ನಮ್ಮೊಡನೆ ಬಂದಿದ್ದ ಡಿ.ಇ.ಐ.ಸಿ ಯ ವೈದ್ಯರೇ ಹೇಳುವಂತೆ ಮಾನಸಿಕ ಒತ್ತಡಗಳು ಅತ್ಯಂತ ಕಡಿಮೆಯಾಗಿತ್ತು
- 3) ಬೆಳಗ್ಗೆಯಿಂದ ಸಂಜೆಯವರೆಗೂ ನಿರಂತರವಾಗಿ ಕಾರ್ಯಾಗಾರದಲ್ಲಿ ಪಾಲ್ಗೊಂಡಿದ್ದರೂ ಯಾವುದೇ ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಆಯಾಸ ಬಹುತೇಕರಲ್ಲಿ ಕಂಡು ಬಂದಿರುವುದಿಲ್ಲ.

ಈ ಎಲ್ಲಾ ಧನಾತ್ಮಕ ಬದಲಾವಣೆಗಳಿಗೆ ಮೂಲ ಕಾರಣ ಗೋವುಗಳು, ಔಷಧಿಯುಕ್ತ ವನ ಹಾಗೂ ಗೋಶಾಲೆಯ ಸುಂದರವಾದ ಪರಿಸರ ಮತ್ತು ಆಚಾರ್ಯರ ಸಾಂಗತ್ಯ. ಅಂತಿಮವಾಗಿ ಬೀಳ್ಕೊಡುಗೆ ಸಮಾರಂಭದಲ್ಲಿ ಪ್ರತಿಯೊಬ್ಬ ಮಕ್ಕಳಿಗೂ ಆಟಿಕೆಗಳನ್ನು ಹಾಗೂ ಸ್ವಯಂಸೇವಕರಿಗೆ ನೆನಪಿನ ಕಾಣಿಕೆಗಳನ್ನು ನೀಡುವುದರ ಮೂಲಕ ಎಲ್ಲರಲ್ಲಿಯೂ ಪ್ರೀತಿ ವಿಶ್ವಾಸಗಳ ಬಾಂಧವ್ಯದ ಬೆಸುಗೆ ಏರ್ಪಟ್ಟಿತು.

ಒಟ್ಟಿನಲ್ಲಿ ಬೆಳಗಿನಿಂದ ಸಂಜೆಯವರೆಗೂ ಕಾರ್ಯಾಗಾರವು ಅತ್ಯಂತ ಸಹಜಯುತವಾಗಿ ಹಾಗೂ ದೈವಿ ಶಕ್ತಿಯಿಂದ ಕೂಡಿತ್ತು. ಹಾಗಾಗಿಯೇ ಯಾವುದೇ ವಿಶೇಷ ಚೇತನ ಮಕ್ಕಳಲ್ಲಿ (ಧ್ಯಾನದ ಸಮಯದಲ್ಲಿಯೂ) ಅಸಹನೆ ಅಥವಾ ಪ್ರತಿರೋಧ ಕಂಡು ಬರದೆ, ಮಕ್ಕಳಲ್ಲಿ ಮಾತ್ರವಲ್ಲದೆ ಪೋಷಕರಲ್ಲಿ ಹಾಗೂ

ಸ್ವಯಂಸೇವಕರಲ್ಲಿಯೂ ಕಾರ್ಯಾಗಾರದ ಬಗ್ಗೆ ಉತ್ತಮವಾದ ಪ್ರತಿಕ್ರಮದ ಕಂಡು ಬಂದಿತು , ತನ್ಮೂಲಕ ಕಾರ್ಯಾಗಾರವು ಭಗವಂತನ ಅನುಗ್ರಹದಿಂದ ಯಶಸ್ವಿಯಾಯಿತು.

ಸಂಜೆ 6:30 ರ ಸಮಯದಲ್ಲಿ ಒಲ್ಲದ ಮನಸ್ಸಿನಿಂದ ಭೂಲೋಕದ ಕಾಮಧೇನು ಗೋವುಗಳಿಗೆ ಹಾಗೂ ಗೋಶಾಲೆಯ ಮೇಲ್ವಿಚಾರಕರಿಗೆ ಕೃತಜ್ಞತೆ ಸಲ್ಲಿಸಿ ಬೀಳ್ಕೊಟ್ಟೆವು. ತದನಂತರ ಘಟಿ ಸುಬ್ರಹ್ಮಣ್ಯ ಸ್ವಾಮಿಯ ದರ್ಶನವನ್ನು ಎಲ್ಲರೂ ಪಡೆದು ಸಂತೋಷದ ಪುನೀತ ಭಾವದಿಂದ ಭಗವಂತನ ಅನುಗ್ರಹ ಪಡೆದು, ಶಿಬಿರದಿಂದ ಸ್ವಸ್ಥಾನಕ್ಕೆ ಸ್ವಯಂಸೇವಕರ ಸಹಕಾರದಿಂದ ಸುರಕ್ಷಿತವಾಗಿ ಮರಳಿದರು.

ಈ ಕಾರ್ಯಾಗಾರದ ಯಶಸ್ವಿಗೆ ಸುಮಾರು 30 ಸ್ವಯಂ ಸೇವಕರು ಯಾವುದೇ ಪ್ರತಿಫಲ ಅಪೇಕ್ಷೆ ಇಲ್ಲದೆ ಸೇವೆ ಸಲ್ಲಿಸಿದ್ದಾರೆ. ಇವರಲ್ಲಿ ವಿಶೇಷ ಶಿಕ್ಷಣ ಸಂಪನ್ಮೂಲ ಶಿಕ್ಷಕರು ಗೃಹಿಣಿಯರು, ವಿದ್ಯಾರ್ಥಿಗಳು ಗ್ರಾಮೀಣ ಪುನರ್ವಸತಿ ಕಾರ್ಯಕರ್ತರು, ಸಾಮಾನ್ಯ ಶಿಕ್ಷಕರು ಇನ್ನಿತರ ಉದ್ಯೋಗಸ್ಥರು, ವೈದ್ಯರುಗಳು ಭಾಗಿಯಾಗಿದ್ದು ವಿಶೇಷವಾಗಿತ್ತು. ರಾಷ್ಟ್ರೀಯತಾನದ ಗೋಶಾಲೆಯ ಮುಖ್ಯಸ್ಥರಾದ ಡಾ. ಜೀವನ್ ಜಿ ರವರು, ಸೀನಿಯರ್ ಫೇಲೋ ಆಫ್ ಇಂಟರ್ನ್ಯಾಷನಲ್ ಚಿಕ್ಕಬಳ್ಳಾಪುರದ ಸಂಸ್ಥಾಪಕರು ಹಾಗೂ ಅಧ್ಯಕ್ಷರಾದ ಎನ್ ಶ್ರೀನಿವಾಸರವರು, ಸೆವೆನ್ ಹಿಲ್ಸ್ ಸಂಸ್ಥೆಯ ವೆಂಕಟೇಶಮೂರ್ತಿರವರು ಮತ್ತು ಡಿ.ಇ.ಐ.ಸಿ ಯ ಎಲ್ಲಾ ಸಿಬ್ಬಂದಿಯವರು, ಸಕ್ಷಮದ ವಿವೇಕ್ ಸಕಲೇಶಪುರ ಹಾಗೂ ಶ್ರೀಮತಿ ವರದ ಹೆಗಡೆಯವರು ಉಪಸ್ಥಿತರಿದ್ದು ಸಲಹೆ ಮತ್ತು ಮಾರ್ಗದರ್ಶನ ನೀಡಿ ಕಾರ್ಯಕ್ರಮ ಯಶಸ್ವಿಗೊಳಿಸಿದರು.

ಈ ಕಾರ್ಯಾಗಾರದ ಪೂರ್ವಸಿದ್ಧತೆ ಮತ್ತು ಅನುಷ್ಠಾನದಲ್ಲಿ ಸಕ್ಷಮ ಬೆಂಗಳೂರು ನಗರ ಘಟಕದ ಅಧ್ಯಕ್ಷರಾದ ಡಾ. ಕಿರಣ್ ರವರು, ಕಾರ್ಯದರ್ಶಿ ಶ್ರೀ ನಾಗರಾಜ್ ರವರು, ಸಕ್ಷಮ ದಕ್ಷಿಣ ಪ್ರಾಂತ್ಯದ ಕಾರ್ಯದರ್ಶಿಗಳಾದ ಡಾ. ಹರಿಕೃಷ್ಣರವರು, ಖಜಾಂಚಿ ರವರಾದ ಶ್ರೀ ರಮೇಶ್ ಪ್ರಭುರವರು , ಕಾರ್ಯಕಾರಿಣಿ ಸದಸ್ಯರಾದ ಶ್ರೀ ಅರುಣ್ ಮತ್ತು ಶ್ರೀ ಜಗದೀಶ ರವರು ಹಾಗೂ ವಿವೇಕ್ ಸಕಲೇಶಪುರ ರವರುಗಳ ಪರಿಶ್ರಮ ಅತ್ಯಂತ ಶ್ಲಾಘನೀಯವಾದದ್ದು. ಸಕ್ಷಮ ಮೈಸೂರು, ಬೆಂಗಳೂರು ಗ್ರಾಮಾಂತರ ಘಟಕ ಮತ್ತು ಚಿಕ್ಕಬಳ್ಳಾಪುರ ಜಿಲ್ಲಾ ಘಟಕದ ಸದಸ್ಯರುಗಳು ಈ ಕಾರ್ಯಕಾರದ ಆಯೋಜನೆಗೆ ಸಹಕಾರ ನೀಡಿರುವುದು ರಾಷ್ಟ್ರೀಯ ಸಂಘಟನೆ ಸಕ್ಷಮದ ಕಾರ್ಯಕ್ರಮತೆಗೆ ಉದಾಹರಣೆಯಾಗಿದೆ.

ಸಕ್ಷಮ ಭಾರತ ಸಮರ್ಥ ಭಾರತ

5. Participants Details

a. Participated Doctors/Staff from DEIC

SN	NAME	DESIGNATION
1	DR GIRIJA G	PEDIATRICIAN
2	C N SHYAMSUNDAR	DEIC MANAGER
3	JYOTHI E R	PHYSIOTHERAPIST
4	POOJA H S	AUDIOLOGIST AND SPEECH THERAPIST
5	UMA H	PSYCHOLOGIST
6	NIKHIL S	OPTOMETRIST
7	SHARADA T R	NURSING OFFICER

DEIC Doctors with Acharya



b. Volunteers List

S.NO	VOLUNTEER NAME	PROFESSION	PLACE
1	Radha	Block inclusive education resource teacher	Sidlaghatta
2	Jagadish kumar.B.M	Block inclusive education resource teacher	Sidlaghatta
3	Amaravathi	Block inclusive education resource teacher	Bengaluru-north 3
4	Vijayalakshmi	Block inclusive education resource teacher	Gowribidanooru
5	Narasimhamurthy	Block inclusive education resource teacher	Gowribidanooru
6	Krishnareddy	Block inclusive education resource teacher	Gowribidanooru
7	Dalappa	Block inclusive education resource teacher	Gowribidanooru
8	Shanthamma	Teacher and coordinator pragna trust	Gowribidanooru
9	Raghvendra G	Head master Ever green school and English teacher	Vijayapura
10	Vandana Jagadish G	Teacher	Vijayapura
11	Aruna	High Teacher	Hosuru
12	Chandrashekar	Teacher and singer	Chinthamani
13	Byataraju V	Police (Home guard)	Vijayapura
14	Praveenkumar G	community worker and sakshama member	Mysore
15	Nandini G	sakshama member	Mysore
16	Anurada	member of Dharmasthala society	Sulibele
17	Madan R	CC TV technician	Vijayapura
18	Chandan R	Electrician & plumber	Vijayapura
19	Venkatamurthy	Owner of seven hills enterprises	Kakichokkandahalli
20	Narasimha murthy	village rehabilitation worker(VRW)	Sidlaghatta
21	Susheelamma	village rehabilitation worker(VRW)	Abludu
22	Govind	community worker and sakshama member	Bengaluru
23	Umesh	sakshama member	Vijayapura
24	Lavanya	Student	Sidlaghatta
25	Mangalesh	Sarvodaya society employee	Vijayapura
26	Annapoornamma	Sarvodaya society employee	Vijayapura
27	Ranjith	Event organizer	Vijayapura
28	Niranjan	Event organizer	Vijayapura
29	Karthik	LIC agent	Vijayapura

c. Participated Children & Parents

ಸಕ್ಲಮ ಸುಚೇತನ ಬೌದ್ಧಿಕ ವಿಶೇಷ ಚೇತನ ಮಕ್ಕಳ ಶಿಬಿರದಲ್ಲಿ ಭಾಗವಹಿಸಿದ ಮಕ್ಕಳ ಪಟ್ಟಿ

S.N	NAME	Parent Name	Gender	age	Type of Challenge
1	Narashimha Murthy	Devappa	Boy	13	IC
2	Chitra	Shiva Shankar	Girl	10	IC
3	Deekshith	Devraj	Boy	15	IC
4	Nivesh	Shrinivas	Boy	15	IC
5	Hemanth M	Murthy	Boy	11	IC
6	Bhavani	Nagraj	Girl	12	IC
7	Jothika	Murlidhar	Girl	14	IC
8	Deekshith K C	Channakeshava Murthy	Boy	13	IC
9	Harshitha	MuniAnjinappa	Girl	10	IC
10	Nandhu	Munegowda	Girl	10	IC
11	Vishvash	Varalakshmi	Boy	13	IC
12	Navya	Shrinivas Shetty	Girl	09	IC
13	Mithri	Rajanna	Girl	12	IC
14	Thanushree	Nagesh	Girl	09	IC
15	Kruthika	Manjunatha	Girl	07	IC
16	Dhanush	Nagaraju	Boy	08	IC
17	Anjali	Suresh	Girl	06	IC
18	Ganavi	Chandrashekar	Girl	11	IC
19	Abhiram	Krishna	Boy	13	IC
20	Venkataraaju	Krishnappa	Boy	14	IC
21	Beerappa	Kenchappa	Boy	13	IC
22	Udaya Kumar J	Jnaneshwarachar	Boy	13	IC
23	Prerana	Sudindra	Girl	17	IC
24	Shri Nidhi G.S	Shrinivas	Boy	06	IC
25	Harshitha B	Bheemraj	Girl	13	IC
26	Dhanush R	Ramkrishna	Boy	14	IC
27	Chithamya. B	Basvaraj M.Y	Girl	12	IC
28	Sai Samith M	Madhu G	Boy	08	IC
29	Gambheer L	Lakshminarayana	Boy	08	IC
30	Varshini	Anjaneya D.N	Girl	05	IC
31	Veeneela K	Kempanna	Girl	05	IC
32	Anvitt	Ravi S.H	Boy	05	IC
33	Yokshitha Reddy	Venkatareddy V	Girl	03	IC
34	Uditt	Raghu	Boy	06	IC
35	Tejasvi	Suresh	Girl	03	IC
36	Bharathi M	Munivenkatrayappa	Girl	13	IC
37	Loukhik P	Poojappa	Boy	06	IC
38	Charan	Mamatha	Boy	15	IC

6. Donations & Expenditure Details

a) Donors List

S. N	Doner Name	Address
1	Dr. M N Sundareshan & Dr. Kanaka	Bengaluru
2	Nagesh G P	Bengaluru
3	Prithvi Narayan	Bengaluru
4	Vivek S	Bengaluru
5	Nethravathi	Sulibele
6	Muniraju	Sulibele
7	Suresh and Friends	Gunjuru
8	Ananya and Ashwin	Sulibele
9	Anitha Balaji	Sulibele
10	Shanthesh	Sulibele
11	Guruprashad	Bengaluru
12	Vani Y S	Bengaluru
13	Asha Siddaveerappa	Bengaluru
14	Veerendra S	Vijayapura
15	Bhagya	Bengaluru
16	Malini	Bengaluru
17	Shruthi Manjunath	Bengaluru
18	C Prashanth	Bengaluru
19	Padma	Meluru
20	Saraswathamma	Sidlaghatta
21	Geetha & Nethravathi	Vijayapura
22	Ahalya & Shailaja	Vijayapura
23	Rudresh	Vijayapura
24	Raghavendra	Bengaluru
25	Nirmala Vijayapura	Bengaluru
26	Shilpa	Bengaluru
27	Varalakshmi	Bengaluru
28	Umesh	Vijayapura
29	Venkatamurthy	Shidlaghatta
30	Sudeendra	Bengaluru
31	Prerana	Bengaluru
32	K Venkatarayappa	Bengaluru

33	H S Rudresh Murthy	Vijayapura
34	Abhishek	Vijayapura

b) Expenditure Details

Expenditure incurred is on All day food for all participants, Transportations, Gifts for children, Souvenir for Volunteers and Banners only

7. Feedbacks from Parents, Teachers & Doctors

Feedbacks forms & registration forms are documented & filed separately

8. Lessons' Learnt & future corrections

1. We originally planned to start inauguration by 10:00am, however participants could reach only by 10:30am. This happened due to large number of participants spread across 3 places. In future we should limit children count to around 20 & also limit to one specific region only.
2. Children took more than two hours for lunch. We planned only 1 hour for lunch which ended up too short a time for intellectual challenged children.
3. Not enough funding is available hence volunteers had to pay from their pocket. For next project, date need to be planned only after enough fund is available.
4. It is clearly observed that parents of intellectually challenged at rural area are very underprivileged & lack self-confidence, and are not empowered enough to take right decisions & to take help from society. This clearly indicates organization like Sakshama should reach to root level & socialize with them. All that parents needed is, a friendly hand, a guidance, a moral support, a humble conversation with love.

5. Rural people lack 1. food/nutrition awareness, 2. medical assistance 3. spiritual practices. They need to be empowered in all these three, to make them self-sustainable.

9. Future Plans

1. Retreat/Empowerment program for special education teachers once in a year
2. Dedicated sessions/counselling for parents of Intellectual challenged children every 3 months
3. A regular outdoor camp with activities arranged only for children
4. An awareness (spiritual & health oriented) camp at rural area with experts on how to avoid intellectual challenges
5. Tie up with DEIC doctors at each districts & involve them with Sakshama wellness camp activities
6. Expand the Suchethana camp to other nearby districts, Ex: Kolar, Mysuru, Ramanagara, Tumakuru

10. Index

1. References/Documents

Registration forms, Reports, Volunteer list, photos, Videos, feedbacks, Donor list, Thank you letter are available at below link: <http://sakshamakarnataka.org/>

2. Food Menu

ಬೆಳಗಿನ ತಿಂಡಿ: ಉಪ್ಪಿಟ್ಟು, ಕೇಸರಿಬಾತ್, ಚಟ್ನಿ.

11:30ಕ್ಕೆ: ಅರ್ಜುನ ಕಷಾಯ.

ಮಧ್ಯಾಹ್ನದ ಊಟಕ್ಕೆ: ಮುದ್ದೆ,ಕಾಳು ಹುಳಿ, ಅನ್ನ ಸಾಂಬಾರ್, ರಸಂ, ಮಜ್ಜಿಗೆ ಒಂದು ವಿಧದ ಪಲ್ಯ, ಹಪ್ಪಳ ಉಪ್ಪಿನಕಾಯಿ.

ಸಂಜೆಯ ಸ್ನಾಕ್ಸ್: ಅವಲಕ್ಕಿ, ಅಥವಾ ಭಜ್ಜಿ, ತುಳಸಿ ಕಷಾಯ

Saksham Bharat Samarth Bharat