

Chinmaya Smrithi



A Bi-Monthly Newsletter of the Chinmaya Mission Washington Regional Center

Volume 17, Number 5 -- November 9, 2007

Happy Deepavali, Thanksgiving and the 2007 Holiday Season

I have understood that it is the foremost duty of man to learn to give, to give in charity, to give in plenty, to give with love, and without any expectation of reward, because one does not lose anything by giving, - on the other hand, the giver is given back a thousand fold. Charity is not merely an act of offering certain material goods, for charity is incomplete without charity of disposition, of feeling, and of understanding and knowledge. Charity is self-sacrifice in the different levels of one's being. Charity, in the highest sense, I understand to be equivalent to Jnana Yagna, the sacrifice of wisdom.

-Swami Sivananda, founder - Sivananda Ashram & Divine Life Society

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Next Issue: January 2008, Articles due by December 25, 2007

See 'Final Page' section for further details

Events, News, Etc.

Upcoming Events

- Annual Banquet – December 8th
- Brahmacharini Sumati Chaitanya Yagna – December TBA
- New Year's Day Puja at Chinmayam – January 1, 2008
- Mahasamadhi Camp 2008 – see the following pages

Gita Chanting 2008

- Registration has commenced. Please check with your local chapter coordinators

Information about Study Groups – Starting Next Issue

Bookstore/Library

- <http://www.cybermatics2.com/cmadmin/PriceListMay2007.pdf> This link provides a list of publications available through Chinmaya Mission.

For up to date information on Events and Library/Bookstore, please go to www.chinmayadc.org website.



Swamiji's Message on 2008 Mahasamadhi Camp

Blessed Self!

We are making good progress in preparation for our grandest Spiritual Event of 2008, namely the Mahasamadhi Camp with our Pujya Swami Tejomayananda and other Mission Acharyas. In the coming months and weeks, our CMWRC Acharyas will be contacting you regularly by e-mail, and through the regular weekly classes, to encourage every member of Chinmaya Mission use this rare opportunity and participate in an event that will be an exhilarating experience Spiritually, Intellectually, Emotionally and even physically.

The initial flyer is available at our website www.chinmayadc.org [see next two pages} and has the basic information about the camp including the costs to you. The rates are designed to be attractive to families with children, since the camp itself is for both adults and children. The costs are very reasonable for a six night all expense included Spiritual Retreat in a very popular resort hotel at peak tourist season.

A full scale web site devoted to the Mahasamadhi Camp will be available in the next few months which you can access to register for the camp and obtain current detailed information on all aspects of the camp. You can reach this special web site through www.chinmayadc.org

May Sri Gurudev's Grace and Blessings flow through our endeavors!

Gange Hara Hara! Jai Jai Jagadeeswara!

Hari Om! Hari Om!
Unto Sri Gurudev!
Swami Dheerananda

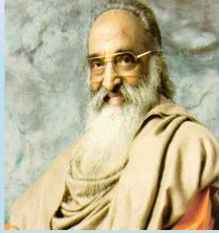
[October 26, 2007]





Chinmaya Mission®

Washington Regional Center



2008 Mahasamadhi Family Camp

Mon. JULY 28 – Sun. AUGUST 3, 2008

At Rocky Gap Resort, Cumberland, MD

NEAR WASHINGTON, DC



Led by Pujya Swami Tejomayananda

Listen to Mundaka Upanishad and absorb the timeless teachings to experience our inner Self, from Swami Tejomayananda, head of Chinmaya Mission worldwide. Several acharyas will be present for meditation, satsangs, and children's activities.

The backdrop for the retreat is the serene, nature-filled, award-winning Rocky Gap Resort and Lodges, in Cumberland, Maryland. The resort is surrounded by hills and an alpine lake and is adjacent to Rocky Gap State Park. It combines the best of quiet resort luxury as well as the calm serenity of mother nature. The entire lodge has been reserved for use by the Mission during the retreat!

Children's programs will receive a high priority. The resort offers abundant outdoor activities for our children and youth. Dedicated teachers and Acharyas will lead them in fun-filled spiritual activities.

Don't miss this unique opportunity to attend a Chinmaya Family Camp with lively activities for children and teens and delightful, divine satsang for adults. The Mahasamadhi camp commemorates the day our Gurudev Swami Chinmayananda attained Mahasamadhi (leaving the physical body and attaining Oneness with Cosmic Consciousness) and is therefore the most special camp of the year.

Please block the dates (**Monday July 28-Sunday Aug 3, 2008**) on your calendar for this unique event. More details will follow. Plan for it as you would for an exciting vacation and you will not be disappointed. For further information, please contact us at mahasamadhicamp2008@chinmayadc.org

Hari Om!

2008 Mahasamadhi Camp Committee

www.chinmayadc.org



Chinmaya Mission®

Washington Regional Center

Camp Information

- **Adults**
 - 3 talks a day by Swami Tejomayananda on Mundaka Upanishad
 - Morning guided meditation, Group Discussions, Special talks by Acharyas
 - Unique opportunity to participate in a Mahasamadhi Day pooja with Pujya Guruji and Acharyas
- **Children**
 - Bala Vihar Class activities by Acharyas and dedicated Teachers
 - Cultural Activities, Evening bonfire parties, and outdoor games/ activities organized by the Resort



Rocky Gap Resorts
www.rockygapresort.com

Rocky Gap State Park
www.dnr.state.md.us/publiclands/western/rockygap.html

(A) ROOM & BOARD Charges

(Rooms with comfortable beds, attached bath, Internet Facilities, etc. Breakfast, Lunch, Dinner, Coffee/snacks during AM and PM breaks, included)

<u>Individuals:</u>	FULL CAMP	PER DAY
Single Occupancy	\$ 1200	\$ 250
Double Occupancy	\$ 800	\$ 165
Triple Occupancy	\$ 700	\$ 130
Quadruple Occupancy	\$ 600	\$ 115
<u>Family:</u>		
Couples (Double Occupancy)	\$ 1600	\$ 325
Family of Three (Triple Occupancy)	\$ 1950	\$ 400
Family of Four (Quadruple Occupancy)	\$ 2250	\$ 450

(B) Registration Fee (Full or Part Camp) / Per Person (adult/child) \$ 100

(C) Children's Program Pass (Full or Part Camp)/ Per child \$50

Total Camp Costs: Room & Board + Registration + Children Pass

For registration and more up to date information, please contact us at:

Website: www.chinmayadc.org
E-Mail: Mahasamdhicamp2008@chinmayadc.org



THE MAHASAMADHI CAMP IS A UNIQUE AND POPULAR ANNUAL EVENT BRINGING ATTENDEES FROM ALL OVER NORTH AMERICA AND EVEN ABROAD.

WITH ONLY 200 ROOMS IN THE RESORT, WE ENCOURAGE YOU TO REGISTER NOW!



How do other cultures enrich and reinforce your own culture?

*Jitesh Nadimpalli,
Shivanandam, Silver Spring Chapter*

Hari Om. Sri Gurubhyonamah

Before we go deep into the actual topic, let's start with what's culture? In my view, culture is everything from our choice of what to wear to the traditions, beliefs and values of our family and community. It also includes all forms of artistic expression, creativity, the language we speak, our place of worship and the issues that move us emotionally and it is the real source of meaning in our life. A family or civilization without culture is like a temple without the Murthi (statue of the god). Just like drops of water forming a wave or a river, we create some ideals of life, deeper thoughts and behavioral patterns, these all are parts of the culture. Culture is the language through which we learn to read the world and it is our way of living together.

The very essence of culture is diversity and infinite change: the world's many different cultures are distinct and unique, but always evolve over time and only really flourish when they come into contact with others. The world's cultural diversity, its rich differences in visions, values and beliefs are a source of exchange, innovation and creativity. This is an era of globalization. Globalization has increased interconnection of the world and its people. The progress made in communication and transport technologies gave raise to global migration, not only of people, but their culture too. Like the west is being exposed to the Indian and Hindu culture, Indians are also being exposed to western culture.

This process of globalization poses a number of threats and challenges. It's predicted that some cultures and 50% of the world's 6800 languages face extinction. The history of the increasing interconnection of cultures is also a history of struggles in which some cultures dominate and eradicate other cultures. With increase of mass communication, people around the world can hear your voice. Sitting in our living rooms we can read or hear about all that is happening around the world. We know what is happening in India and people in India know what's happening here in America.

So in this age of globalization, we will be exposed to many cultures, not only in America, but throughout the world. Like Mahatma Gandhi once said, "I do not want my house to be walled in on all sides and my windows to be stuffed. I want the culture of all the lands to be blown about my house as freely as possible. But I refuse to be blown off my feet by any". So we should always be exposed to other cultures. We should learn about other cultures in order to learn about people and practices that are different from our own. We learn about other cultures in order to discover what draws us together,

Bala Vihar Voices

what we have in common, what makes us neighbors on the same planet. Other people are different from us, but they are also in many ways the same as we are. In the U.S. we are exposed to a lot of different cultures but we don't get to know them unless we really start exploring and learning about them. It's important for us to understand cultural differences as well as similarities so we can appreciate all of it more. By learning about other cultures we will start learning more about ourselves. We should see what is good and bad in other cultures, and from there, we should reinforce the good culture we already have and pick up some other cultures that are good too. What is harm in celebrating American "Thanks Giving", where even we can get together with our own family in the US, or celebrating Christmas by exchanging gifts with loved ones and going to a temple on that day at the same time we shouldn't forget to celebrate our own festivals like Diwali, Holi or Sankranthi etc. Or celebrating a New Year eve meeting with friends and family and wishing every one a "Happy and Prosperous New Year" and going to a temple like the western culture do by going to a church.

The world is like one village. Isolation breeds conflicts, understanding breeds love. Cultural diversity should become a source of creativity and must be based on acceptance, dialogue and a vision. If we take things in a right way, we will have a more honorable and just society, based on genuine equality in which the concept of self determination is truly honored.

We should be proud of our culture as it's very strong and dominating. Through the ages, India was invaded by many people, from Alexander the Great to the British. However, no one could eradicate our culture. They could only conquer our land, but not our heritage or culture. Learning about other cultures contributes to our cultural preservation and diversity as our culture it self is "Unity in diversity".

Giving & Sharing

Taruna Emani

Sundaam, Silver Spring Chapter

I tried giving and sharing
It seems kinda cool
I give a present to my brother
And I shared with a friend a crayon that is blue

I gave my mother a bucket
And maybe a little mop too
I gave a toy to my father
And I gave a toy to my sister
While she said boo- hoo-hoo

People say giving and sharing is a really bad thing
Because one day I'll go plop
So I can't wait till Thanksgiving
Because that's when I can give and share non-stop

Trick or Treat? – An Acharya Treat!

*Sevaks
Springfield Chapter*

When a student is ready, the Guru appears. When our center was ready, we got a new Acharya! It is true. It worked just like that. Our center was continuing to grow along with the young Indian population in the Northern Virginia area, and there was an increasing demand for learning about our culture and spiritual values. In the past five to seven years the Springfield Chapter has faced growing pains with the change of venue, a host of teachers - all of them excellent, though in a state of flux having to move on due to relocation, work, family or other obligations. In spite of all the trials the center has survived and thrived! Now we can look forward to more stability as well.

On Sunday, October 14th, we were blessed with the presence of Swami Dheeranandaji, who besides his quarterly visit, was here this time for an additional reason, that of introducing to us our new Acharya Pramilaji who has just finished the two year Brahmachari course from Sandeepany Sadhanalaya under the tutelage of Swami Tejomayanandaji from Mumbai, India.

After our morning invocation of Hanuman Chalisa, Vedic Aarathi, Chinmaya Aarathi, Pledge and Meditation, Swamiji addressed the kids quizzing and informing them of the important festival season of Navaratri and Vijaya Dashmi. Swamiji always conveys his message through sharp and witty anecdotes which remain unforgettable in the minds of the children as well as the adults.

We learned or reviewed the lessons of Navaratri - First three days worshipping Durga - who deletes all bad qualities, next three days we worship Lakshmi - who invokes all good qualities, and the last three days we pray to Saraswathi who helps us reach our goal of discovering the divine self. So Remember DLS, and Ravana's ten heads representing the ten senses within us. The tenth day is Vijaya Dashmi where good qualities have conquered all evil ones, and we or Rama within us is victorious. So in order to be successful we need to first purify ourselves through different means such as Puja, Japa, Dhyana, Yagna, Tapa, Nididhyasana or Gyana. Through Puja you divinise the senses, through Japa you can calm the mind, but the best purifier of all is Gyana or Knowledge. This can be received by practicing ALARAM Swami ji explained ALARAM stands for Alert Listening, Alert Reflection and Alert Meditation.

From one of Swami ji 's earlier quotes - Why do we all need a Guru or Guru's? A Guru is like a GPS. GPS stands for Guru Parampara Sampradaya.

He or she helps us navigate through life.

Swamiji then gave a brief introduction of what the Brahmachari course requires. Study from 5 AM till 8 PM with no holidays or breaks for two whole years. It is not an easy feat. One has to be extremely determined, has to have full support from the family, have the health and stamina and be willing to give up a lot of things.

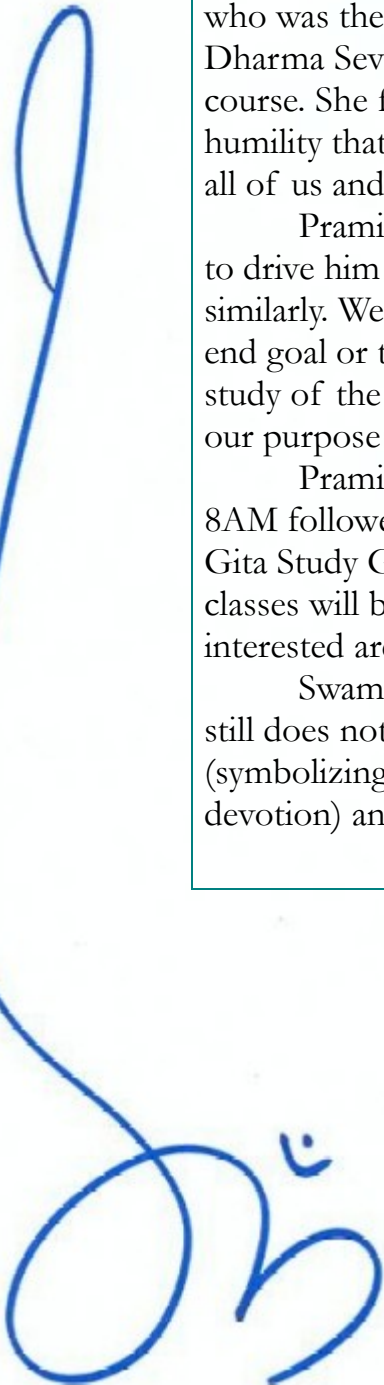
Swamiji introduced Pramila ji's family who were also present. Her husband Bishnu Poudelji and grown up daughter Pranita who was also there to listen to her mother's talk. She will later like to participate and assist in the Bala Vihar program.

After this Pramilaji spoke thanking Swamiji, her Guruji and of course Gurudev who was the one who directed her many years ago, to first do the three month Dharma Sevak course, come back and teach, and then go on for the Brahmachari course. She feels content in having fulfilled Gurudev's instructions. She says with humility that the training and the knowledge she received in Sandeepany is meant for all of us and she is eager to share it with us.

Pramila ji related a story about a person who got into a cab and asked the driver to drive him without knowing or telling the destination. Many of us lead our lives similarly. We rush to do this and to do that, rush here and there, but do we know the end goal or the purpose? Along the way many a time we get dejected through the study of the Bhagawad Gita we will gradually begin to understand life, ourselves and our purpose here.

Pramila ji is also planning to start Saturday morning Meditation classes from 8AM followed by Patanjali Yoga Sutras from 9-10AM; as well as Wednesday evening Gita Study Group continuing from Chapter 11 from 8:00 - 9:30PM . Both these classes will be held at her residence at Towlston Road in Vienna, VA. All those interested are invited to attend. Fliers with the details were available at the front desk.

Swamiji ended with humor saying that after 18 years of being in this country he still does not drive. However he has a CAR. His car is Swami **C** hinmayananda (symbolizing knowledge inspired service), Sri **A** nandamayi Maa (symbolizing pure devotion) and Sri **R** amana Maharshi (symbolizing pure knowledge).



Premium, quote, revenues and spirituality

Author unknown, distributed from India

Chinmaya Mission, Mumbai recently conducted a workshop for business leaders titled 'Live For Ever, Richer and Richer' on 8th Septmeber at the Grand Hyatt hotel. The workshop was aimed at introducing business leaders to spirituality and its relevance to the corporate world. The event was attended by the members of the top management from several companies. Several prominent figures from the Indian Corporate world like, Hashit Dani, Director Asian Paints, Dr. Swati Piramal, Director-Strategic Alliances & Communications, Nicholas Piramal and Kumarmangalam Birla, Chairman Aditya Birla Group participated in this workshop.

The event took place in the presence of Pujya Guruji, Swami Tejomayanandaji and was inaugurated by the Birla scion. Dr. Piramal, in her keynote address spoke about how spirituality is driven down in her organization and spoke about how the business derives strength to do what is right from the principles stated in the Bhagwad Gita.

Shri Birla also stated the importance of spirituality in today's corporate world. He emphasized the importance of having control over the mind in order to ensure success. "To become an outstanding leader a CEO also needs to also master his mind," said Birla.

Guruji in his keynote address spoke about how it was imperative to treat every individual in the organization with respect. Quoting an example from the Ramayana, he explained that the greatness of Lord Rama was the fact that he knew how to value the worth of every living being no matter how insignificant it may appear to be.

Anil Sachdev, Founder & CEO, Grow Talent, an HR Consultancy firm, and a very senior Mission member from Delhi presented a human resource management angle to the subject. Mr. Sachdev stressed the relevance of spirituality in today's corporate world. "Corporations that have strong core values become 'living companies' that have sustainable growth and development," said Mr. Sachdev. He went on to say that when the core values are leveraged to define a worthwhile purpose, people are inspired to give their personal best.

Presentations and contemplative group discussion were laced together so as to provide the delegates enough food for thought. There were also some very interactive and thought-provoking 'question and answer' sessions after each speaker's session. Several problems like employee attrition and personal growth were discussed.

The workshop provided the delegates enough food for thought. Several delegates were eager to imbue into their organization, concepts from the Bhagwad Gita and Ramayana. In today's competitive world, businesses are looking for differentiators that would significantly impact the bottom lines in a very positive way. A strong value driven organization might just be the answer.

Restlessness and Peace

Chetana Neerchal

Bala vihar Teacher, Graduation Coordinator, Silver Spring

Restlessness...

I was lonely
without
you.

You led me
to the
silver smell
of moonlight.

Restlessness...

I wanted to
escape
from
you.

You floated
my lazy afternoon
on
ponderings
of
shadows and light.

Restlessness...

I was
incomplete..

..until you
walked
sunset in,
to meditate
on the
boundary
of
night and day...

...and you left

me

a watermark
of peace.



‘SELF-control’ Vs ‘self-control’

Vandana Bapna

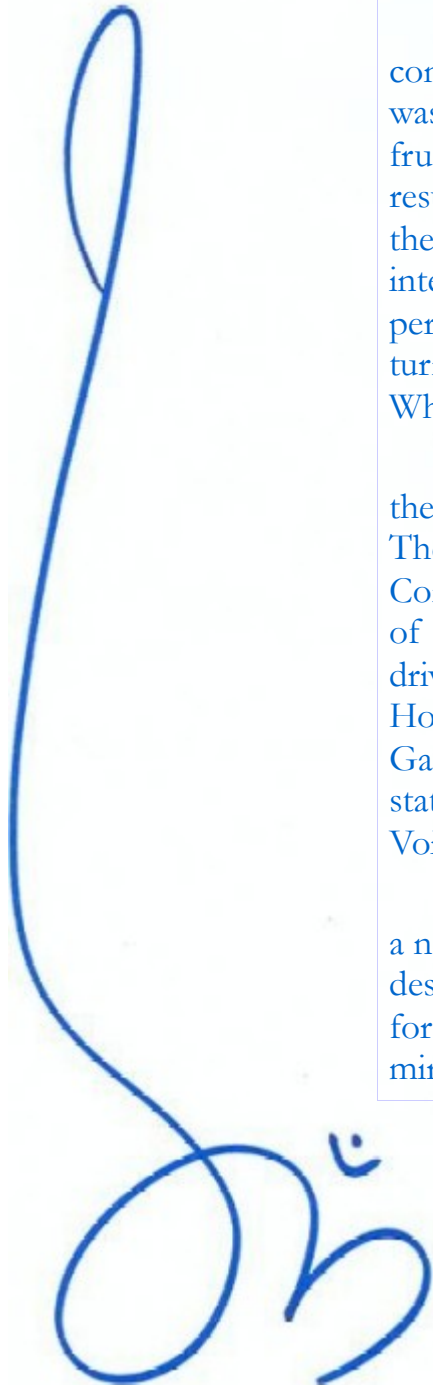
Performing Arts Coordinator, Silver Spring

Whether one is a spiritual aspirant, a curious scriptural novice, or an atheist, the pivotal value of self-control is familiar to everyone. Heroic figures, be them spiritual leaders like Swami Chinmayananda, Mahatma Gandhi, a famous person such as Bill Gates, or even the quiet unknown volunteers, neighbors, teachers, mothers, who are most dear in our daily lives... all are bound by the common thread of possessing self-control.

The perceptions of self-control span a wide range of notions. These concepts continually evolve over the lifetime. Interesting isn't it? When I was little, self-control meant denial and suppression, the result being extreme frustration. Later, it meant the same but with the understanding that the results would be beneficial for me...the frustration was to a lesser degree. At the next step, it meant stopping to think about the overall consequences, the intellectual debate on the worth of short-term gratification. As the perceptions of self-control progressed to subtler, the perceptible agitations turned fainter. They did not disappear though, complete peace still elusive. What was amiss? In spite of the intellectual dissection, the query lingered...

Mysteriously, the mind was directed to go within, to probe the heart, the conscience. By definition, the conscience just cannot mislead. How? The higher 'SELF' (symbolized also as Brahman, AUM, Supreme Consciousness, Universal Self, Absolute Truth) directly guides the conscience of the individual jiva. 'SELF-controlled-conscience' is not reined by the ego driven (intrinsic compulsions/tendencies/ vasanas /lower self) 'self-control'. How can there be any confusion and restlessness thereafter? Mahatma Gandhi's epigram on conscience (Truth is God, Ed. R. K. Prabhu: 1955) states: "For me the Voice of God, of Conscience, of Truth, or the Inner Voice or 'the still small Voice' mean one and the same thing."

Yet, the voice of conscience gets drowned when the mind is churning a never-ending stream of myriad thoughts, whipped by the vasana-driven-desires. Such a vicious cycle! The possibility that the thoughts bubbling forth could actually come to a standstill appears as unattainable and miraculous.



Our ancient scriptures and sages have therefore encouraged all kinds of measures to first quiet the mind. It ranges from rituals, pooja, japa, charity, karma yoga, bhakti yoga, jnana yoga, and so on. Next, they have advised practicing meditation techniques as one of the highest paths to align the equipment of body/mind/intellect (*BMI*) directly with the higher 'SELF'.

Why meditate? During the meditative state, the individual jiva's egoistic 'self' merges with the universal 'SELF'. The 'SELF' now directly governs and steers the BMI of the individual jiva. With no more separate 'self', the insistent demands for the vasana-driven-desire gratification are bypassed. The agitations arising from the ego based 'self-control' vanish completely. Happiness becomes independent of desire fulfillment. Steadily meditative, the "SELF-attuned" individual is empowered to always follow the conscience. The noble qualities, Swami Sivananda's eighteen-ities (see below) and peace shine forth through such individuals.

Enduringly victorious and revered individuals exhibit 'SELF-control', holding the keys to the gateway of success, poise and contentment...be it spiritual or secular.

Eighteen-ities to Immortality: By Swami Sivananda, Divine Life Society

- | | |
|----------------------|------------------|
| 1. Serenity | 10. Adaptability |
| 2. Regularity | 11. Humility |
| 3. Absence of Vanity | 12. Tenacity |
| 4. Sincerity | 13. Integrity |
| 5. Simplicity | 14. Nobility |
| 6. Veracity | 15. Magnanimity |
| 7. Equanimity | 16. Charity |
| 8. Fixity | 17. Generosity |
| 9. Non-irritability | 18. Purity |

Let us develop a sense of gratitude to the Lord, by focusing our attention on what we have, which a good many less fortunate have not and are yearning for. By refusing to crave for objects which we do not have, we shall be conserving a lot of mental energy which alone can give us peace within and a capacity to act rightly in the world.

-Swami Chinmayananda



I See Him

Aziza Meer

I see Him.
I feel Him.
He is here.
He is me.
Life is simple
Deleting all junk thoughts
With a Spam guard
Enjoying His thoughts
Exclusively loving Him

Children call
Why's mom so lost?
Friends distress
That I don't
Pay much interest,
Spouse wonders
Where my mind wanders
There in that joy
I go yonder
In a wonder land of light
I wander

There is joy
There is silence
There is energy
Quiet and lasting
There is peace
There is laughter
There is love
That does not go after
Sitting still
Without doing anything
Everything will
Just go on like never before

What a sweet peace!!!!

Silence everyone
Let me be.
Please let me be.



Final Page

Resources & Links

- www.chinmayadc.org
- www.chinmayadulles.org
- www.chinmayava.org
- www.chinmayafrederick.org
- www.chinmayamission.org
- www.chinmayamission.com

Submitting Your Articles

➤ Who can submit?

- Acharyas, Visiting Acharyas, Speakers
- Secretary
- Coordinators (Balavihar, Chapter, Session)
- Bala Vihar students
- Bala Vihar graduates
- Bala Vihar Teachers
- Volunteers
- Parents and Adult Members,
- Friends of Chinmaya mission

➤ What can be submitted? What is allowed? What is not allowed?

You may submit articles that would be of general interest to the DC area Chinmaya Families. They must be related to the mission activities or may be on Vedanta. The essays and stories should be kept short

to less than 500 words, so that we can keep the size of the newsletter reasonably small. However, at times compelling submissions may be allowed even if they exceed 1000 words.

Along with the submission, please provide the details

-Name of the Author

-Submitter's affiliation with the mission

-If applicable, to which Chapter does the author belong

-Bala Vihar session and class if applicable

-Title of the submission

➤ What are some of the possible topics?

- World-Wide Mission news of interest to CMWRC
- DC Center Events – brief write up on chapter activities (yagnas, etc.) or Balavihar activities (field trips, for example)
- Yagnas and Events at other centers
- Poems
- Stories
- Essays
- Thoughts or Experience
- Plays
- -Bhiksha Recipes
- -costume ideas for Bala Vihar plays

➤ **What format you may use?**

We prefer submission formatted in Microsoft Word, Open Office, or plain email text. For images, use JPEG, resized to no larger than 3 inches by 3 inches. (Open office is freely available at www.openoffice.org)

➤ **Where to submit content for the newsletter?**

Smrithi@chinmayadc.org.

Use “submission” in the subject line.

➤ **What is the deadline for submission?**

Send in your submissions early and often. The editorial committee will publish revised newsletter versions periodically. Your submission may be included in a revised edition for the current issue, or scheduled for the following issue.

➤ **Who to contact for questions?**

Send your questions to smrithi@chinmayadc.org. Use “Question” in the subject line.

➤ **Once you submit, what happens?**

The Articles are reviewed and considered for inclusion in the newsletter. Goal is to include all submissions, but the editorial board has to ensure that the articles can be enjoyed by one and all, that they are appropriate, and consistent with the spirit and values of the Chinmaya Mission. Some articles may be held for the next newsletter publication so as

to keep the newsletter size down to a handful of pages.

➤ **How can Bala Vihar Students Help?**

Middle and High School level Balavihar students may help the editors with spelling and grammar check, organizing and formatting the newsletter, and improving the look and feel to make this an informative, spiritual, fun and attractive newsletter. Currently Harsha Neerchal and Srikanth Kowtha are supporting the editors. Those who volunteer and consistently support publication of the newsletter will be rewarded with a certificate during Bala Vihar graduation.

➤ **What is the editorial process?**

An editorial board consisting of Raju Chidambaram, Sitaram Kowtha, Acharyas and chapter coordinators will review the submissions, and approve final drafts of the newsletter before they are published on the website. In cases where the articles do not receive initial approval, the editors will work with the authors to revise or improve submissions

➤ **Your Suggestions**

Please send your suggestions to smrithi@chinmayadc.org, with subject line ‘suggestions’. We welcome your ideas, tips, corrections, to help us improve the quality, look and feel, and content.

