

"How are you utilizing your summer vacations to develop physically, mentally, and spiritually"

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In this summer I am attending satsang. I am also making presentations on different virtues for kids satsang. For making presentations i have to search a lot of information in books, internet and a little help from my parents. So by doing this, i think i must be growing spiritually and mentally. For physical development I am playing soccer ,basketball , baseball and also doing swimming.

- NEAL KHODASKAR

I am enjoying my summer. I play lots of indoor games with my family like cards, blocks, brain teasers etc....
My mom has enrolled me in baseball, swimming, taekwondo.
Mentally and Physically I am doing a lot and I am enjoying it.
Sometimes I meditate with my mom. It makes me feel good.

-RAHUL THAWANI



This summer I am utilizing my summer to develop physically by playing indoor soccer. It is a very fast game so you need to run a lot more than in outdoor; mentally by attending the Olathe Public Library Book Club. In book club I have read 6 books including "James and the Giant Peach." I went to the library to discuss the book. I am being spiritual by going to the Hindu Temple every Sunday and also participating in children's satsang.

- RUCHI GOYAL

To be physically fit I am playing Indoor Soccer every week. The game goes faster than normal soccer because the ball can bounce off of the walls and it does not go out very often.
To be mentally fit I am sometimes doing math at home. The math is challenging because I have never done it before so I have to learn it before being able to do the problems.
To be spiritually fit I go to the temple every week to pray to God. Praying to God helps you because if you do a good deed and ask God for something He might give it to you for being helpful.

- ANUJ GOYAL

DARSHAN MEDITATION CAMP EXPERIENCE

Camp was overall an exciting experience. We had two classes, one meditation, and one discovery. Discovery included things such as rocket science, field games, archery, drumming, and ceramics. After the two classes you had lunch and the food was great! After lunch you had a little bit of free time then you had to go back to your cabins for a spiritual discussion. After the spiritual discussions was dinner. After dinner was camp round up. After that we went back to the cabins and did diary time and then slept. Of course camp isn't that dull. Sometimes we had ping-pong and chess tournaments. So the day I got to camp was really nothing because we didn't have any classes or anything but at 8:00 we went to see fireworks. Then we went back to our cabins and slept. The next day was really quite fun. Well first we went to early morning meditation which you have a choice to go to or not. After early morning meditation we ate breakfast and went to our classes. After our two classes we ate lunch and then we had free time till five. Then we had a spiritual discussion session. A spiritual discussion session is when talked about certain traits like truthfulness. This spiritual discussion session we made a contract of what not to do. Like not to be violent. After that we played captured the flag, man was that fun! But sadly our team lost because someone quite fast got the flag with about five men behind him on his tail. Oh well. It was hard but then we all went to camp round up. Camp round up is when everybody in camp gathers and sees presentations and events. We also see pictures taken from the past few days and skits made by people. After camp round up we went back to our cabins and did diary time and then slept. The next day it was some what the same schedule until after spiritual discussion. We played tug of fun. Except some people weren't really interested so they stayed out. I was one of them. So after tug of fun we went to camp round up. After camp round up we went to our cabins and did our diary time and then slept. In the morning we had the same schedule and when it was 1:30 we went to pits pond. That place was fun!!!!!! You have no idea how good the rope is and the trampoline, wow that was fun! We came back at four. Then we had the same schedule. Except this time we had children satsang and my cabin was conducting it. After that it was the same schedule. The next day we went to pits pond and then children satsang and another camp round up. The next we went canoeing! Canoeing was awesome! We got to tip boats over, but boy was it a long ride. We had to row 6 miles straight. Even though it was a long ride and tons of hard work, it was awesome. The next day we went to pits pond again. Had another camp round up. Went to sleep. On Friday everybody was ready for the meditation off. You can only go into the meditation off if you have been to every early morning meditation. In the med off you meditate as much as you can with the judges watching and the rule is you can't move. Who ever wins gets cool prizes. After the winners take their prizes it goes in order of how much you meditated. For example if somebody meditated more than you in the med off then they get to choose their prize before you do. You can get cool stuff such as electric guitars! There are tons more but I just can name them. After the med off there was trophies. Like people who meditated the most in their cabins. It goes like this everyday you try to meditate a lot and you have to tell it to your counselor-person who is basically in charge of you and all you cabin mates. The counselor record how much you meditated and then in the end you get a trophy if you get 1st, 2nd, or 3rd. After the trophy there is a slide show of skits and stuff again. Then the rest of the time is free time!!!!!! It was really fun in camp and I hope I can come back again!

- VINAY YADAV



SUMMER 0'8

When you hear the word summer vacation do you get all excited and jumpy? Well, I bet you think all over the place! You would probably be thinking of going to your grandparent's house, friends house and you also might be thinking of going on a trip. This summer I also made lots of plans and did many fun things such as gymnastics, tennis, swimming, basketball, jump roping and tae kwon do. These things help me get strength, increases my stamina and it stretches my body out a lot which makes my body physically strong and healthy. I do reading, writing, sudoku and Brain Teasers for mental strength and for relaxation I go for a walk, watch TV, sleep for a long time and sometimes I even talk to my friends. Spiritually I pray to god. Praying is a good holy spirit. It makes my mind healthy, strong, and calm. Eating healthy food also gives me physical and mental strength. I eat green vegetables, fruits, drink milk, water and juice.

I think that the summer vacations go by very fast! But these vacations are very important to gain physical, mental and spiritual strengths before beginning a new fresh school year.

- ARCHITA GOYAL



Darshan meditation camp [d.m.c.]

My camp experience was great! During camp i did lots of different things. I did things like canoeing and went swimming at a place called pits pond. I also went to a nursing home and sang for the old people. Your not alone when your doing these things, you have all your friends with you. You learn a lot at camp, at least I did. I learned things like better techniques of meditation and concentration so you can focus on your third eye. You can gain physically and mentally. You can physically because you also get to pick a discovery class , some things examples you can do in a discovery are : basketball, soccer, rocket science, field games, ceramics, and drumming and tabla. Over all camp is fun so I recommend you to go there.

- JAY AHUJA



A SUMMER TO REMEMBER

Summer can be boring when one has nothing to do. Don't get me wrong, I love the whole getting up late and sleeping late deal, but without activities to do summer can be a total waste of time. This is the reason my parents and I both agreed that going to DMC (DARSHAN MEDITATION CAMP) would be a great way to utilize my time in the summer. Attending DMC was a great experience because DMC is a place where everyone can develop physically, mentally, and spiritually. People of all ages attend the camp. You are either classified as a sevadar, counselor, sit/cit or camper. Sevadars are usually parents who have their kids attending the camp. Sevadars do seva's that range from helping out in the kitchen to taking photographs. Counselors are assigned to each cabin along with the campers. These counselors have gone through training and have the experience to deal with kids. They deal with children in a loving manner and teach them lessons about life. They act as a sibling and friend. They are there for you if you have any problem and help you resolve all conflicts non violently. Next are the SIT and CIT's. These are Sevadars in training or Counselors in training.

All the campers attend classes for two hours daily. These classes are age appropriate and consist of one spiritual class and one discovery class. Discovery classes are fun classes such as rocket building classes while spiritual classes are focused more toward enriching your spiritual life, and focusing on important virtues such as honesty. SIT's are assigned as teacher assistant's in these classes and have seva assigned to them. CIT's on the other hand are Counselors in training and every night spend time with their counselor and campers to learn more about counseling. Beside the 2 hours each of the campers spends in classes, they have a busy schedule that is filled with fun activities to develop them physically. In the week we spent at camp, 3 days campers went to "Pitts Pond", which was a special kind of swimming lake, with clean chlorine water but had many fun facilities included such as a inbuilt trampoline in the lake. Besides swimming campers were busy with daily games of TUG OF FUN, CAPTURE THE FLAG and spontaneous water fights. Campers even made a special trip to a near by nursing home where they sang songs and entertained and spent time with the elderly. It was great community service and they heard some great stories.

So as you can see Darshan Meditation Camp helps develop one physically, and get enriched mentally. But if that is not enough each day there is ALL CAMP MEDITATION. In ALL CAMP MEDITATION all Sevadars, CIT's, SIT's and counselors spend time meditating. Morning meditation and Late night meditation is available also.

Personally I think my time spent there was of great use. Not only did I develop myself physically, mentally and spiritually but I had tons of fun doing it. I met many kids my age that I became friends with and spent quality time with. I acquired life long skills at camp through my seva, and learned being independent. One of the best things was that at camp you were away from internet and phones. At first I had internet withdrawal and missed checking my email every night, but soon I forgot computers existed and had tons of fun enjoying nature.

- GAUVRI GORAWARA



A young girl doing her photography seva at camp.



A Sevadar teaching a discovery class to the campers



Spiritual Class in session



Nursing home visit



Rocket Building



The Beautiful DMC



All Camp Meditation