

NEST Policy

Our code of conduct is very simple. We should be very clean, very neat, very orderly, very simple, very humble, very respectful to everyone, very dutiful, very faithful to Krishna, and very sincere.

Hare Krishna Devotees,

This Policy is an effort to regulate our daily habits and Spiritual activity which is an essential part of our overall development. NEST gives us opportunity to serve and learn about everything which will come to us in future which includes dealing with worldly affairs, stress, anxiety and other problems, take it as an Opportunity and bring the best out of yourself in the service of Krishna.

NEST Policy includes code of Conduct in Following dealing:

1. Daily Activity

- a. **Timing:** Everyone has to arrive on time for all daily Program which are **Mangala Arati (5:00 AM)** arrival time will be before 5:00 AM. Morning Bhagvattam Class arrival time will be 7:40 AM for everyone in Temple Hall. Everyone has to be in Class for 30 minutes after the class starts.
- b. **Sleeping:** Lights of all rooms must be off by 10:30 PM, if want to study Library facility is available for that Purpose. (Can study in the room- must not disturb other and Sadhna.
- c. **Services:** Daily assigned services is for the purification of heart and our love for Krishna and his devotees. **Everyone has to do it** without missing out.

2. Personal Habits

- a. One who is serious about **spiritual life** should rise early in the morning, preferably before the 'brahma-muhurta' hour i.e., one and half hours before sunrise.
- b. Personal hygiene and cleanliness should be maintained.
- c. One should **never waste Krishna's energy** like shop, toothpaste, electricity, water etc. One should **turn off** the lights and fans, whenever and wherever they are not required.
- d. One should spend **Krishna's money discreetly** and with responsibility, asking oneself if this expenditure is really necessary for enhancing Krishna service.
- e. Your love for each other is expressed by the feeling only i.e., You are not responsible for anyone's loss in Spiritual or material things.

3. Studies and Sadhna

- a. Studies are important part of our overall personality as a devotee. Be consistent in your studies maintaining good score in semester exams.
- b. Strictly one should study for 2 hrs. daily except college hours.
- c. Saturday Marathon is an opportunity to sit with devotees for studies in strict environment for 4 hrs. (Its purely Optional, Timing will be 1:00 PM – 5:00 PM).

- d. Sadhna i.e., Chanting, Hearing and Reading must be done regularly (must prefer morning hours).
- e. Share your Sadhna Card to the NEST WhatsApp Group or Number or assigned Facilitator.

4. Etiquette

- a. Dealing with senior
- b. Dealing with Junior and each other's.
- c. Mundane talk, movie and music must be avoided in Public & personal.
- d. Punishment: It will be there if you missed morning program if not the reason is not genuine. If any Health issue exists must cure it, if it comes 4 times continuously Rs. 50 will be taken as punishment fee.

5. Meetings and Program

- a. Weekly Program is mandatory for all to attend. It's a service of Krishna participate in full enthusiasm and make yourself available for that day in prime hours.
- b. Ekadashi Meeting will be there, which will have Sadhna sharing, Shloka Recitation and Kirtan.
- c. Facilitator meeting will be there One week one person. (Date and time will be decided by mutual understanding).

6. Financial Details

- a. NEST monthly charges are 4500/ which include your stay and prasad for morning & evening.
- b. One has to send the amount on or before 4th of every month without expecting of the reminders as it's our responsibility to active enough to act.
- c. Additional Charges will be imposed after the last date as 10 rupees per day. (Exception cases can be entertained only till the mid-month after that fine will be implemented to them also.)
- d. The days one is in home will be considered as OFF, other than that will not be considered for NEST devotees.
- e. Amount will be returned as 39 rupees per plate only if off is more than 3 days and must be informed to the authorities before there leave.
- f. One must inform **going and coming timing** to the concerning authority regarding your leaving through call or message. (Send the message in the group with mentioning).
- g. Any amount used for NEST must be informed to the incharge on that day only, after that day no information will be considered and amount can't be settled.
- h. One should not give or take money from any devotees for NEST purpose, take Laxmi ji from the incharge only.

“For proper functioning of the NEST it is must to be regulated in every activity we do. NEST Policy is an step toward that. I request everybody to follow the guideline mentioned in the Policy.”