

GOUDIYA YOUTHFORUM

VOLUME-14

NEWSLETTER

ADD TO SUCCESS & TRANSFORM TO HAPPINESS



Srila Bhaktivinoda Thakura

"A person's nature is shaped by the company he keeps. In other words, a person develops a nature similar to that of whomever he associates with. The jiva's association with the fruitive activities he performed in his past life moulds his nature, and this nature is transformed by the company he keeps in his current life. Thus, association is the root cause in forming a person's character."

**SRILA BHAKTIVINODA
THAKURA, RAYS OF THE
HARMONIST MAGAZINE
VOLUME NO. 14 KARTIKA,
2004**



FOREWARD

Welcome to the 14th edition of the GYF Newsletter, marking a full year of our journey together! Over the past year, we've shared insights from all the activities at GYF, along with celebrations of many Vaishnav festivals.

Our goal with this newsletter is to offer you engaging articles, practical tips, and inspiring stories that seamlessly integrate spirituality into your daily life. In recent editions, we've also introduced a Bhagavad Gita quiz to help readers evaluate and deepen their understanding of this sacred text. If you're eager to learn more and continue your spiritual growth, remember that with GYF, the journey of learning has no limits.

Happy reading!

With warm regards,

GYF Editorial Team

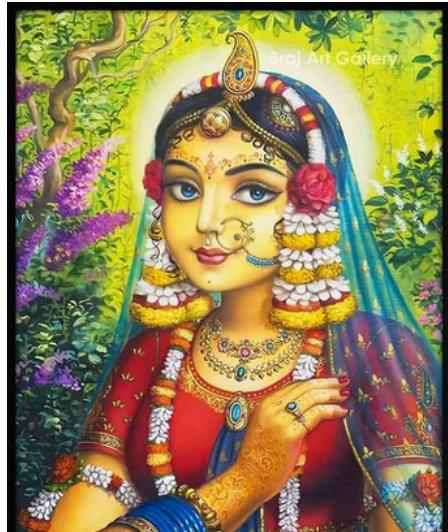
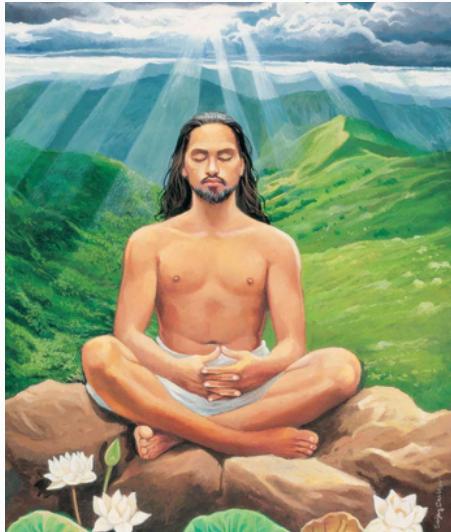
Nikhil, Gehna Sahni, Shreya Grewal

OUR MENTORS

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September 2024

THE IMPACT OF ASSOCIATION

-By Dishant Bhola
(GYF MEMBER)

As you enter your teens, you will experience many changes in your life and be exposed to things that are completely new to you. And if you do not carefully navigate your way out, it may cause problems in both your personal and spiritual lives.

Association can be good or bad; it is you who has to decide which one is which for you. Bad associations can arise from anything we encounter in our daily lives, including friends, family, electronic media, and other things.

But what exactly does association mean? Anything that affects your consciousness or shapes your ideas is known as an association. When you start getting influenced by certain thoughts, that is when you actually start associating with them.

You may watch an advertisement on television that piques your interest, and it will soon become a recurring thought in your mind.



Chapter 2 of the Bhagavad-gita discusses this in great detail.

*dhyāyato viśayān pūṁsaḥ
saṅgas teṣūpajāyate
saṅgāt sañjāyate kāmaḥ
kāmāt krodho 'bhijāyate*

*krodhād bhavati sammohāḥ
sammohāt smṛti-vibhramāḥ
smṛti-bhramśād buddhi-nāśo
buddhi-nāśāt pravaśyati (Bg 2.62-63)*

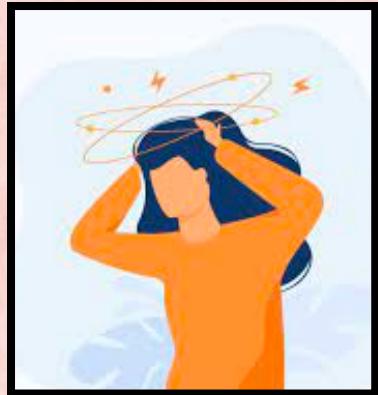
'While contemplating the objects of the senses, a person develops attachment for them, and from such attachment lust develops, and from lust anger arises.



From anger, complete delusion arises, and from delusion bewilderment of memory. When memory is bewildered, intelligence is lost, and when intelligence is lost one falls down again into the material pool.'



(Delusion)



(Bewildered)



(Anger)

When we get into bad association through any means, our mind gets fixated on the objects of sense enjoyment. Due to our bad association, we become addicted to intoxication, gambling, clubbing, women hunting, social media, and many other bad habits. And when we do not have easy access to it, we get agitated.

This type of association is the root cause of stress, anxiety, and anger, which transform into many other mental health issues. Even the thought of living a life without these things is disturbing for us. We cannot even resist using Instagram for a week—let alone imagine a world without smartphones.

The six limbs of Saranagati also include giving up the bad associations, In the introduction to Saranagati, Srila Bhaktivinoda Thakur says,

**bhaki-anukula-matra karyera svikara
bhakti-pratikula-bhava varjanangikara**

'Execution of only those acts favorable to pure devotion, and renunciation of conduct adverse to pure devotion.'

We must carefully choose only those things that help grow us in Bhakti and give up those that are unfavorable, including all kinds of bad associations. Paramgurudeva Srila Bhaktivedanta Narayana Goswami Maharaja states in this regard,

'bhajaner jaha, pratikula taha, drdhabhave teyagibo. Whatever we do that is pratikula, unfavorable, for bhakti, should be at once rejected. We have so many desires. We should very forcefully reject those activities which are not favorable for bhakti, and we should adopt wholeheartedly that which is favorable.'

An individual's social circle is one of the most significant parts of their life. We must also be careful while choosing our company, be it friends, relatives, or colleagues. If any of them becomes an impediment to our Bhakti, we should limit our interactions with them. Friends and close ones who deviate you from your goal, forcing you to participate in bad habits and give up all good things, are not truly your well-wishers. Srimad Bhagavatam calls such relatives 'Svajanakhyā Dasyu', burglars in the name of kinsmen.

Does this mean that we should give up all our friends, family, jobs, and other occupations if they are not favorable to Bhakti?

Srila Bhaktivinoda Thakur further clarifies this in his song,

**e deher kriya, abhyase kariba, jivana japana lagi
sri-krsna-bhajane, anukula jaha, taha haba anuragi**

'I shall perform all my bodily activities out of habit, just to maintain my life. I shall become attached only to that which is favorable to Bhajan of Sri Krsna.'

In order to maintain our external sustenance, we should thus continue to fulfill our bodily obligations without becoming inwardly attached.

So how do we give up this bad association?

During one of his lectures, Srila Prabhupada A.C. Bhaktivedanta Swami Maharaja states,

'In the beginning of life, nobody smokes or nobody becomes intoxicated; it is learned by bad association. Similarly, it can be given up by good association. They are called anarthas. Anartha means unwanted bad habits. So when we are children, innocent, we have no bad habits, but as we grow and associate with bad company, we also acquire bad habits. So to give up these habits, we have to associate with sadhus or devotees, saintly persons. Then we can give it up. This is called anartha-nivrtti.'

By being in the association of Sri-guru and pure devotees, we'll develop a higher taste, and these things will vanquish eventually. As is stated in Bhagavad-gita,

**viṣayā vinivartante
nirāhārasya dehināḥ
rasa-varjam raso 'py asya
param dṛṣṭvā nivartate (Bg 2.59)**

'Though the embodied soul may be restricted from sense enjoyment, the taste for sense objects remains. But, ceasing such engagements by experiencing a higher taste, he is fixed in consciousness.'

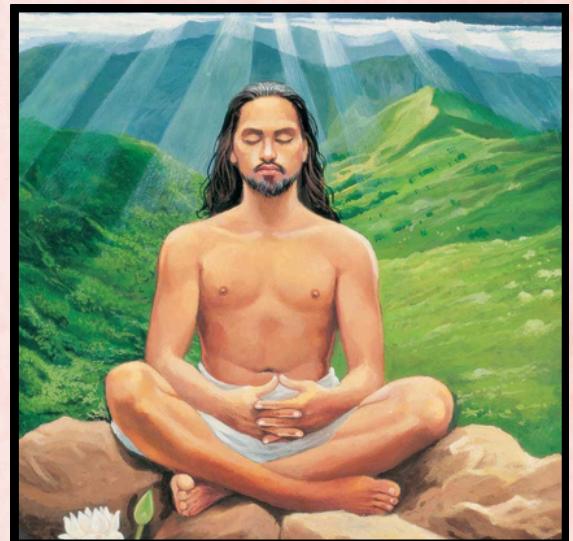


There are times when we feel disappointed and demotivated. We want to get rid of this bad association as soon as possible, but remember that these *anarthas* have been inscribed in our consciousness since many previous births, so as suggested by the Lord in Bhgavad-gita, we need to practice and practice.

**śrī-bhagavān uvāca
asamśayam mahā-bāho
mano durnigraham calam
abhyāsenā tu kaunteya
vairāgyeṇa ca gr̥hyate (Bg 6.35)**

Lord Sri Krsna said: O mighty-armed son of Kunti, it is undoubtedly very difficult to curb the restless mind, but it is possible by suitable practice and by detachment.

Let's be ever hopeful 'āśā-bandhah' and pray at the lotus feet of Hari, Guru, and Vaisnavas to help us grow our Bhakti.



(Practice to Control Mind)

"Whispers of Dharma: A Gita's Guiding Light"

"self-composed poem"

-by Ishaan Taneja

Class 11th

"Whispers from the Charioteer"

In Kurukshetra's sacred field of strife,
Arjuna faced a test of life.

Krishna's advice was a guiding light,
Illuminating the path toward the righteous
fight.

"Your duty is to act, not to desist,"
Krishna's words, Arjuna's heart did insist.
"Leave attachment, let go of fear,
Perform your duty; I am always near."

The Gita's wisdom, timeless and true,
Teaches selfless action, for me and you.
Renounce your ego, let love prevail,
Attain union with the Divine, without fail.

Three paths unfold: Karma, Bhakti, Gyana,
All have the same goal, to attain Param
Purushottam Bhagwan
By selfless service, love's pure fire,
Or wisdom's guiding light, we aspire
To reach the lotus feet of Krishna's grace,
Where soul and spirit find their sacred space.

Krishna's promise, a reassuring call,
"Surrender to me, I'll take care of all."
In every heart, his presence abides,
Guiding us home to eternal tides.



SHLOKA Memorization

Shlokas learned by GYF Members



SRI SRI RADHIKA STAKAM.

(1)

kuńkumākta-kāñcanābja-garva-hāri-gaurabhā
pītanāñcitābja-gandha-kīrti-nindi-saurabhā
ballaveśa-sūnu-sarva-vāñcitārtha-sādhikā
māhyam ātma-pāda-padma-dāsy-a-dāstu rādhikā

(2)

kauravinda-kānti-nindi-citra-paṭṭa-śāṭikā
kr̥ṣṇa-matta-bhṛ̥ng-a-keli-phulla-puṣpa-vāṭikā
kr̥ṣṇa-nitya-saígama-rtha-padma-bandhu-rādhikā
māhyam ātma-pāda-padma-dāsy-a-dāstu rādhikā

(3)

saukumārya-sr̥ṣṭa-pallavāli-kīrti-nigraha
candra-candanotpalendu-sevya-śīta-vigraha
svābhimarśa-ballaviśa-kāma-tāpa-bādhikā
māhyam ātma-pāda-padma-dāsy-a-dāstu rādhikā

(4)

viśva-vandya-yauvatābhivanditāpi yā ramā
rūpa-navya-yauvanādi-saṁpadā na yat-samā
śīla-hārda-līlāyā ca sā yato ‘sti nādhikā
māhyam ātma-pāda-padma-dāsy-a-dāstu rādhikā

(5)

rāsa-lāsy-a-gīta-narma-sat-kalāli-paṇḍitā
prema-ramya-rūpa-veśa-sad-guṇāli-maṇḍitā
viśva-navya-gopa-yoṣid-ālito ‘pi yādhikā
māhyam ātma-pāda-padma-dāsy-a-dāstu rādhikā

(6)

nitya-navya-rūpa-keli-kṛṣṇa-bhāva-sampadā
kṛṣṇa-rāga-bandha-gopa-yauvateṣu kampadā
kṛṣṇa-rūpa-veṣa-keli-lagna-sat-samādhikā
māhyam ātma-pāda-padma-dāsy-a-dāstu rādhikā

(7)

sveda-kampa-kaṇṭakāśru-gadgadādi-sañcītā
marṣa-harṣa-vāmatādi-bhāva-bhuṣaṇāñcītā
kṛṣṇa-netra-toṣi-ratna-maṇḍanāli-dādhikā
māhyam ātma-pāda-padma-dāsy-a-dāstu rādhikā

(8)

yā kṣaṇārdha-kṛṣṇa-viprayoga-santatoditā-
neka-dainya-cāpalādi-bhāva-vṛnda-moditā
yatna-labdha-kṛṣṇa-saṅga-nirgatākhilādhikā
māhyam ātma-pāda-padma-dāsy-a-dāstu rādhikā

(9)

aṣṭakena yaś tv anena nauti kṛṣṇa-vallabhām
darśane ‘pi śailajādi-yoṣidāli-durlabhām
kṛṣṇa-saṅga-nanditātma-dāsy-a-sīdhu-bhājanām
taṁ karoti nanditāli-sañcayāśu sā janam

ŚRIMAD-BHĀGAVATAM

यथा तरोमूलनिषेचनेन
तृप्यन्ति तत्स्कन्धभुजोपशाखाः ।
प्राणोपहाराच्च यथेन्द्रियाणां
तथैव सर्वार्हणमच्युतेज्या ॥
(SB 4.31.14)

भक्तिः परेशानुभवो विरक्ति-
रन्यत्र चैष त्रिक एककालः ।
प्रपद्यमानस्य यथाश्रतः स्यु-
स्तुष्टिः पुष्टिः क्षुदपायोऽनुघासम् ॥
(SB 11.2.42)



BHAGVAD GITA TRIVIA:

Unlocking the wisdom of Srimad Bhagvad Gita

Q1. यदि इस जीवन में मेरे साथ बुरा हो रहा है तो क्या वे भगवान का दोष है? श्रीमद्भगवगीता के ५ अध्याय के अनुसार उत्तर दें।

क) हाँ, भगवान ही सबका भाग्य लिखते सारा दोष उनका हैं।

ख) नहीं, मेरे स्वभाव से किए गए कर्मों के द्वारा मुझे उनका फल प्राप्त होता है, भगवान सबकी ओर सम भाव रखते हैं

Q2. श्रीमद् भगवद्गीता में अर्जुन ने भगवान श्री कृष्ण से कितने प्रश्न किए हैं?

क) 15

ख) 12

ग) 16

Q3. श्रीमद्भगवद्गीता के चौथे अध्याय में भगवान के जन्म और कर्म के बारे में क्या बताया गया है?

क) कि भगवान का जन्म भी हम मनुष्य जैसा ही है वो नर की तरह ही कर्म करते हैं।

ख) कि भगवान का जन्म और कर्म दिव्य है और जो यह तत्त्वतः जानता है वे पुनः जन्म ग्रहण नहीं करता

ग) कि भगवान का जन्म इस संसार में उनके पिछले अवतार के अनुसार होता है।

Q4. "पेड़ के जड़ में जल देने से सम्पूर्ण पेड़ तृप्त हो जाता है" इस उदाहरण से हमें भगवान की सेवा के विषय में क्या समझाया गया है?

क) कि भगवान ही सारी प्रकृति के नियंता हैं, और सारे वृक्षों के स्वामी हैं।

ख) कि भगवान की सेवा करने से ही सारी जीवात्माओं की सेवा सहज ही हो जाती है।

ग) कि इस जगत के मूल में हम हैं और भगवान हमारे से ऊपर धाम में रहते हैं

Q5. श्रीमद्भगवगीता के तीसरे अध्याय के अनुसार कोई न चाहते हुए भी पाप क्यों करता है?

क) क्योंकि मनुष्य तीन गुणों के प्रभाव में आ कर कर्म करता है

ख) क्योंकि मनुष्य माया के उन्मुख है और भगवान से बहिर्मुख

ग) (क) और (ख) दोनों

To answer and have your name featured in the next edition, please click below

उत्तर देने और अगले संस्करण में अपना नाम छपवाने के लिए कृपया नीचे लिंक करें

CLICK HERE

QUIZ CHAMPS CORNER

Celebrating Our Monthly Quiz Winners!

Every month, our newsletter brings you not only the latest updates and insights but also a fun and engaging quiz! We're thrilled to see so many of you participate and test your knowledge. This month, we're excited to announce our top quiz champions who have outshined with their quick thinking and keen knowledge.

And the Winners Are...

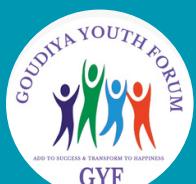
1. Rekha Sahni
2. Neelam Chauhan
3. Gehna Sahni



We are incredibly proud of our winners for their impressive performance. Their achievement is a testament to their dedication and knowledge.

TIPS FOR SUCCESS

Stay Informed: Regularly read Bhagavad Gita
Learn: Try to join GYF Classes and learn Bhagavad Gita.
Enjoy the Process: Remember, it's about learning and having fun!



TESTIMONIAL



Being part of the Goudiya Youth Forum (GYF) has been life-changing for me, both personally and professionally. GYF feels like more than just a community; it's a family that has provided me with a sense of belonging and growth. Through our weekly Bhagavad Gita teachings and spiritual trips to places like Gokul and Kurukshetra, I have gained a deeper connection with my spiritual side, which has helped me stay grounded in my daily life.

MUSKAN BHOLA
MASTER'S IN ECONOMICS
(DELHI SCHOOL OF
ECONOMICS)
CONSULTANT
(MASTERCARD)

This family has also helped me build invaluable skills. From organizing events to presenting our year-long journey last year, I've learned how to communicate clearly, work within a team, and present ideas confidently.

These experiences have not only strengthened my personal relationships within GYF but have also positively influenced my role as a payments analytics consultant at Mastercard.

For instance, a few months ago, I was tasked with leading a high-stakes client presentation. I felt the same nervousness I once had when I presented at GYF. However, drawing on the communication skills I honed through GYF presentations and the support system I have there, I was able to approach the task calmly and deliver the presentation with confidence. The feedback from my superiors was overwhelmingly positive, and it opened new doors for me within the company.

Furthermore, the concept of seva, particularly Charnaamrit Seva, has instilled in me a sense of discipline, humility, and hard work. These values have seamlessly carried over to my day-to-day life, where I now approach challenges with greater focus and dedication.

GYF has not only helped me grow spiritually but also enhanced my ability to balance my personal and professional life. The family I have found here has empowered me to contribute meaningfully and mindfully at every aspect of life, handle challenges with grace, and continue to strive for excellence.

Chant

**Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare**

And be happy!

