

GOUDIYA YOUTHFORUM

VOLUME-13

NEWSLETTER

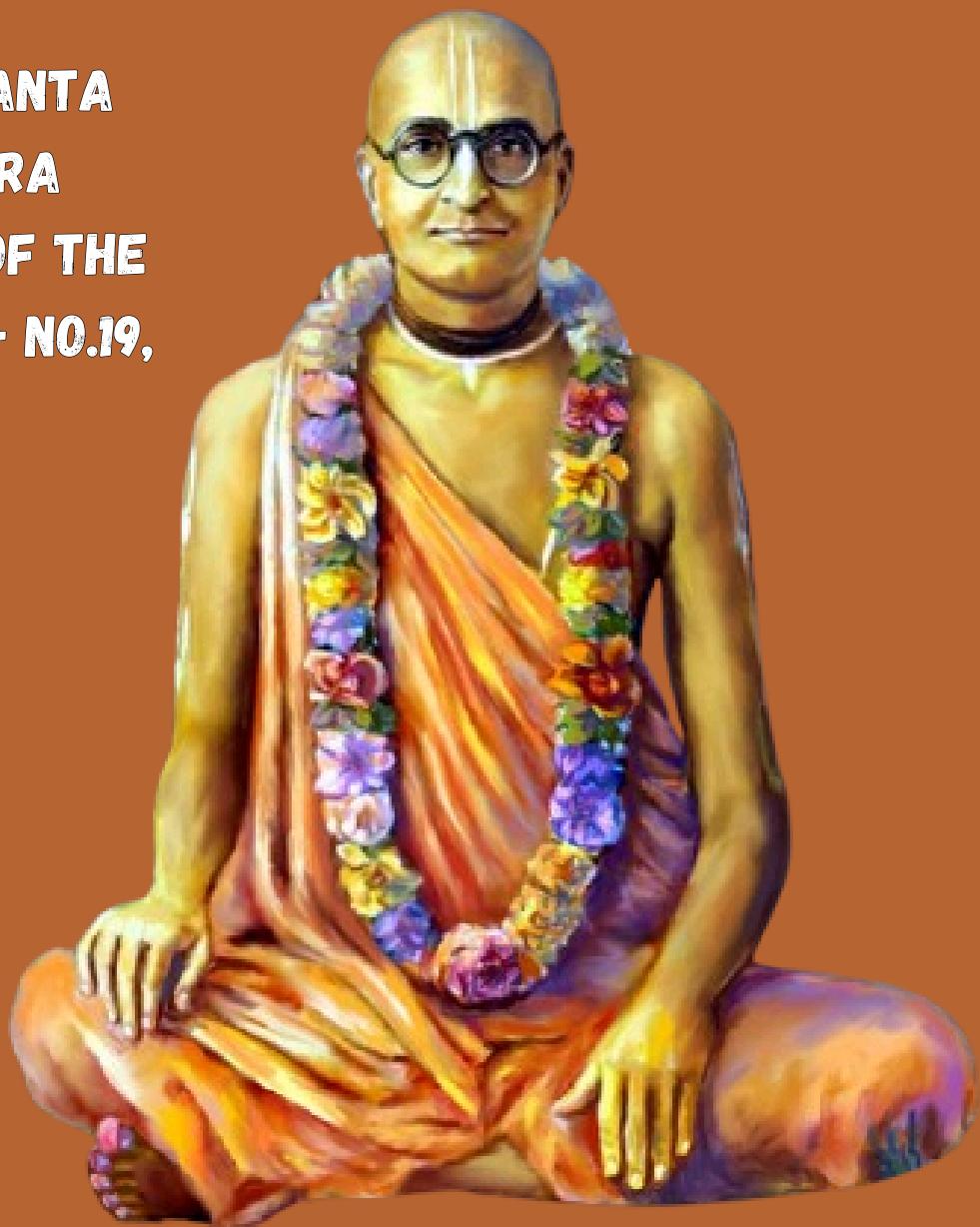
ADD TO SUCCESS & TRANSFORM TO HAPPINESS



Shrila Bhaktisiddhanta Saraswati Thakura Prabhupada

"Without any delay, Godhead enters the heart of one who constantly and faithfully hears and chants the narrations of His transcendental activities."

**SHRILA BHAKTISIDDHANTA
SARASWATI THAKURA
PRABHUPADA, "RAYS OF THE
HARMONIST MAGAZINE- NO.19,
2009"**



FOREWARD

Welcome to the 13th 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

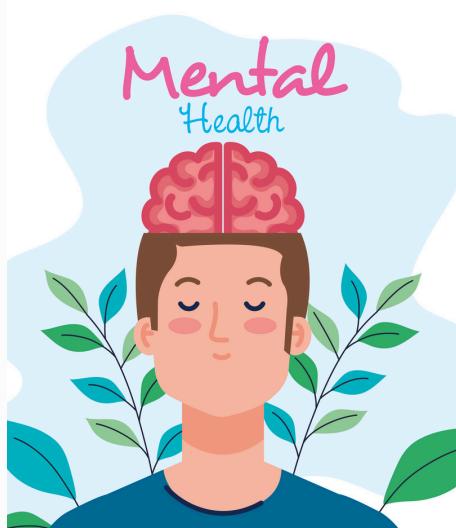
Nikhil, Gehna Sahni, Shreya Grewal

OUR MENTORS

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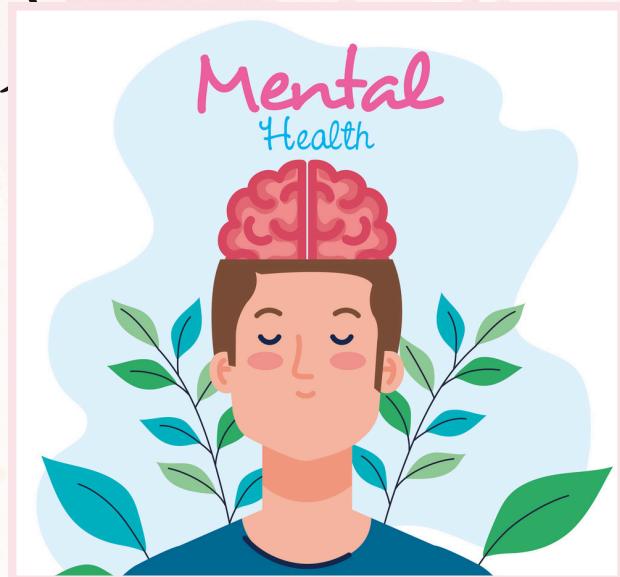
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Testimonial

AUGUST 2024

MESSAGES FROM BHAGAVAD GITA FOR A HEALTHY MIND

-By Devyani
(GYF MEMBER)



Modern life, with all its conveniences and advancements, also brings a unique set of challenges that contribute to mental stress and strain. These "mental hassles" — the small, recurring frustrations and difficulties we face daily — can accumulate over time, significantly impacting mental health and well-being. Depression among young adults is becoming a major problem these days.

Depression, a common mental health disorder, has become a growing concern in today's fast-paced and interconnected world. It is characterized by persistent sadness, loss of interest or pleasure in daily

activities, fatigue, and difficulty concentrating, among other symptoms. Unlike normal fluctuations in mood, depression can have a profound impact on an individual's quality of life, affecting relationships, productivity, and even physical health.

From a spiritual perspective, human thought is often limited, biased, and influenced by ego, desires, fears, and past conditioning. Spiritual traditions emphasize that much of human suffering arises from these flawed thought patterns, which create a distorted perception of reality and keep us disconnected from our true essence or higher self.

Our thinking is ego based, is clouded by maya as it obscures our perception of reality, is easily compromised by attachment and desire. We suffer from duality, which means that we are easily influenced by happy and sad moments. A common flawed thought pattern involves seeking validation, approval, or happiness from external sources — other people, achievements, or material possessions. This pursuit is often based on the belief that our worth is determined by external factors. Spiritual teachings emphasize that true peace and fulfillment come from within, not from external circumstances. We have limited senses and have a tendency to cheat.

"We are always a work in progress, never a finished project."



The Bhagavad Gita offers timeless wisdom that contributes significantly to mental health by providing guidance on how to cultivate inner peace, emotional balance, and a sense of purpose. Its teachings promote a holistic approach to well-being, addressing the mind, emotions, and spirit.

Anxiety can be addressed with the help of Bhagavad Gita which “provides a cookbook approach to positive mental health”.

Bhagavad Gita offers three paths to develop psychological resilience for the individuals, viz. Gyan Yoga- the awareness of self that “flattens” the ego, Karma Yoga- the selfless action that detaches emotion and desire from action, and Dhyana (Raj) Yoga- the meditation and self-reflection that leads to stress reduction and a healthy lifestyle.

**कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥2.47॥**

Performing one's duty in an earnest manner, without attachment to the results, is arguably one of the most important lessons that Gita teaches through its theory of Karma Yoga.

Through the concept of “Nishkama Karma”, Gita teaches that duty should not be performed with an external motivation (just for material benefits), rather for the sake of “Swadharma” which essentially means – one should be internally motivated to perform one's duty. Gita emphasizes on the importance of duty from the beginning of the narration (Chapter 2), till the end (Chapter 18). It equates fulfilling of duty to worship of God (verse 18.45), in the sense that performing duty can lead to a rewarding life, spiritual well-being and liberation. But who can discharge their duty without any mental clutter? For that, Krishna teaches about “Sthitaprajna”, one who remains unperturbed by grief, desire, anger, and has control over senses. Bhagavad Gita’s principles of “Jnana” (cognitive appraisal of nature of the universe and one’s place in it), “Karma” (appropriate action as directed by Dharma – code of conduct), and “Bhakti” (devotion to personal God dissolving the egocentricities) are of therapeutic importance for distressing problems that have anxiety at the center.

It teaches how to develop endurance to corporeal experiences of pleasure, pain, heat, cold etc. through a virtue- “titiksha”.

**मात्रास्पर्शस्तु कौन्तेय शीतोष्णासुखदुःखदाः ।
आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत ॥ 2.14 ॥**

Gita teaches the virtue of “ksantih” (Verse 18.42) meaning patience, which is of utmost importance in a crisis with an uncertain end. Gita teaches “tejah” or enthusiasm (Verse 18.43) which can help them remain energetic at a mental level.



କୃଦୂଆ ଜାନାକିଏ





Additionally, Line Arrangement Seva, that included efficiently managing and organizing the movement of more than 1,000 devotees. Finally, the distribution of Charanamrit after the Mahabishek, in which both teams distributed the Shri Charanamrita of the Mahabishek of Lord Krishna to more than 1,000 devotees.

The service performed during this celebration gave us valuable lessons in teamwork, humility, patience, and spiritual growth.

By the mercy of Shrila Gurudeva Shrila Bhaktivedanta Narayana Goswami Maharaja, and with the blessings and guidance of Pujiyapaad Bhaktivedanta Padmanabha Maharaja, Pujiyapaad Bhaktivedanta Shanta Maharaja, and Shripad Nandkishore Prabhujji, Team LMPY and GYF enthusiastically participated in auspicious occasion and the grand celebration of Shri Janmashtami Mahamahotsava on the 27th of August, 2024 by performing various services in the lotus feet of our Beloved Gurudeva and Shri Shri Radharaman Vihari Ji

Both teams set up registration stalls, welcoming new members to our family. We also organized an engaging quiz trivia based on the scriptures, which drew the interest of the youth. The trivia was followed by an exciting prize distribution to the winners.

In addition to this, Team LMPY and GYF also took responsibility for the Book Distribution Sewa throughout the whole event distributing perfect and transcendental knowledge given by our beloved Gurudeva in the form of books. The teams distributed more than 100 books.



SHLOKA Memorization

Shlokas learned by GYF Members



ŚRĪMAD-BHĀGAVATAM

स वै पुंसां परो धर्मो यतो भक्तिरधोक्षजे ।
अहैतुक्यप्रतिहता ययात्मा सुप्रसीदति
॥ 1.2.6 ॥

अनुग्रहाय भक्तानां मानुषं देहमास्थितः ।
भजते तादृशीः क्रीडा याः श्रुत्वा तत्परो भवेत्
॥ 10.33.36 ॥

कृष्णवर्णं त्विषाकृष्णं साङ्गोपाङ्गस्त्रपार्षदम् ।
यज्ञैः सङ्कीर्तनप्रायैर्यजन्ति हि सुमेधसः
॥ 11.5.32 ॥

नृदेहमाद्यं सुलभं सुदुर्लभं
प्लवं सुकल्पं गुरुकर्णधारम् ।
मयानुकूलेन नभस्वतेरितं
पुमान् भवाब्धिं न तरेत् स आत्महा
॥ 11.20.17 ॥

मुक्तानामपि सिद्धानां नारायणपरायणः ।
सुदुर्लभः प्रशान्तात्मा कोटिष्वपि महामुने

॥ 6.14.5 ॥

तत्तेऽनुकम्पां सुसमीक्षमाणो भुज्जान एवात्मकृतं विपाकम् ।
हृष्टाग्वपुर्भिर्विदधन्नमस्ते जीवेत यो मुक्तिपदे स दायभाक्

॥ 10.14.8 ॥

ĀDI PURĀNA

ye me bhakta-janāḥ pārtha
na me bhaktāś ca te janāḥ
mad-bhaktānāṁ ca ye bhaktāś
te me bhakta-tamā matāḥ

PADMA PURĀNA

Aprarabdha phalam papam
Kutam bijam phalonmukham
Kramenaiva praliyeta
Vishnu Bhakti ratatmanam



BHAGVAD GITA TRIVIA:

Unlocking the wisdom of Srimad Bhagvad Gita

Q1. एक पुरुष, उसका नाम था राधाकांत, राधाकांत ने 25 वर्ष की उमर तक भक्ति की परंतु उसके बाद उसकी मृत्यु हो गई, क्या राधाकांत को अगले जन्म में भक्ति शुरू से फिर से शुरू करनी पड़ेगी?

क) नहीं! उसकी भक्ति वही से शुरू होगी जहां उसने छोड़ी थी

ख) हाँ! उसको सब कुछ फिरसे करना पड़ेगा

Q2. श्रीमद् भगवदगीता कितने षटकों विभाजित है?

क) 5

ख) 3

ग) 2

Q3. "कृपण" किसे कहा जाता है?

क) अश्वथामा को कृपण कहा गया है क्योंकि वो कृष्ण का पुत्र था

ख) कृपण वो है जो सदैव इंद्रिय तृप्ति में रत रहकर भगवान को बिना जाने इस संसार से चला जाए

ग) कृपण अर्थात् किसान

Q4. 5 कर्मेन्द्रियां कौनसी हैं?

क) रूप, रस, गंध, स्पर्श और शब्द

ख) धरती, अग्नि, जल, वायु और आकाश

ग) वाक्, पाणी, पाद, पायु और उपस्त

Q5. एक बद्धजीव और अनाधिकारी के लिए स्वभाव आदि के अनुसार पांचवे अध्याय में कौनसा मार्ग उचित बताया गया है?

क) कर्मसन्यास

ख) भगवदर्पित निष्काम
कर्मयोग

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 क्लिक 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. Ritika Bhateja
2. Rekha Sahni
3. Neelam Chauhan



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



GEHNA SAHNI
BACHELOR'S IN
SOCIOLOGY HONOURS
(DU)
MASTER'S IN SCHOOL
OF DEVELOPMENT
(AUD)

Firstly, I offer my humble obsiences unto the lotus feet of Shrila Bhaktivedanta Padmanabha Maharaja and Shripad Nandkishore Prabhujis who mercifully introduced Goudiya Youth Forum for the benefit of the youth.

About my journey in GYF, one word that can sum it up well is "transformative". I chose to join GYF as a part of a workshop organised in my college where I got answers to many of the questions I always wanted. The workshop claimed teachings that could transform my attitude towards life as a positive one so to know further I started coming to the weekly classes organized in Shri Raman Vihari Goudiya Math.

I suffered from an anxious self, constantly doubting the choices and decisions I made. Along that I always felt guilty of being an irresponsible individual.

When I joined GYF classes and started learning Srimad Bhagavad Gita, the shlokas started making sense to me, the way they were explained related with my day to day life. Practically finding solutions to all my problems by attacking the root of it, GYF contributed to the journey of betterment of my life. I want to mention one experience that can help everyone understand the impact of GYF, I am an overthinker who always worried about the results of my actions. "What will happen if I did this?" "What can go wrong if I chose this" Obsession with questions like these became an obstruction to my routine life ruining my eating and sleeping patterns.

After hearing Bhagavad Gita and especially the lectures on Karma explained in chapter 2 and 3 made me realise that I don't have a control over the results of my actions, I just can humbly decide the right and wrong in them, this sole realisation after repeatedly and constantly hearing in the classes largely contributed to the cathartic life I am experiencing now, its a huge relief to not always overthink and focus on your actions by offering them to the lord which can be the most productive thing you can do. Moreover, my constant negative belief of being an irresponsible individual changed into a positive one due to the affectionate environment established for everyone, by our mentor Dr. Neeraj Sharma who always gave me services for the programme that built confidence into me that " I can perform my duties with responsibility" and also, it's okay to make mistakes and eventually learn from them as at last it's the effort that matters. My questions about life were based on a major existential crisis which were clarified in the classes very smoothly. I made so many new friends and engaged in a warm community, GYF to me is a huge part of my life and a family now. If you're looking for a platform where you can feel a sense of satisfaction and clarification to the constant juggling and hustle in your mind and overall well-being starting from having a better daily routine to an anxiety free life with practical solutions, I highly recommend GYF which not only gives you a sessional course that you have to regularly attend but a sense of family where you can feel happy and relaxed with great teachings and learnings to help yourself throughout the course of life.

Chant

**Hare Krishna Hare Krishna
Krishna Krishna Hare Hare**

**Hare Rama Hare Rama
Rama Rama Hare Hare**

And be happy!

