

GOUDIYA YOUTH FORUM

Volume 18

newsletter



SHRILA GURUDEV

If a person has not surrendered himself at the lotus feet of Gurudeva, Sri Sri Radha Krsna, and Sri Caitanya Mahaprabhu, he can offer something to Krsna, but it may be that Krsna will partly accept it, not wholly. On the other hand, if that person has surrendered himself, telling Krsna, "Now I am Yours. You are my beloved," or "You are my son," or "You are my friend," then whatever he does is pure bhakti.

Shrila Bhaktivedanta Narayana
Gosvami Maharaja
San Francisco, CA: June 11, 1998





FOREWARD

Welcome, dear readers, to another enlightening edition of our newsletter! In this issue, we embark on a profound journey through the wisdom of the Bhagavad Gita, a timeless scripture revered for its guidance and insight. As we explore its deep teachings, we invite you to engage not just as readers, but as active seekers on your own spiritual path. The Bhagavad Gita offers invaluable lessons on duty, righteousness, devotion, and self-realization, making it a beacon of light for those navigating the complexities of life. Its teachings transcend time and space, speaking to the hearts of all who seek truth and purpose.

May this exploration bring you clarity, inspiration, and a deeper connection to the divine. Let us open our hearts and minds to the eternal wisdom of the Gita and allow its message to guide us toward inner peace and enlightenment.

With warm regards,

GYF Editorial Team



OUR MENTORS

- **SHRILA BHAKTIVEDANTA NARAYANA GOSWAMI MAHARAJ JI**

Founder Acharya

- **SHRIPAD BHAKTIVEDANTA PADMANABH MAHARAJ JI**

Secretary, JGVT

- **SHRIPAD NAND KISHORE DAS PRABHUJI**

Program Director



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DECEMBER 2024

Hari Katha

-SHRI SHRIMAD BHAKTI VEDANT SRIDHAR GOSWAMI MAHARAJ

By the blessings of Shrila Bhaktivedanta Narayan Goswami Maharaj and under the guidance of Pujiyapad Shrila Bhaktivedanta Padmanabha Maharaj and Shripad Nandkishore Prabhu, the families of LMPY and GYF had the privilege of organizing a special gathering to hear the nectarean katha from Pujiyapad Bhaktivedanta Sridhar Goswami Maharaj.



During the event, Maharaj Ji asked a thought-provoking question: "What would be the best day of our life?" His answer was profound: the best day is when there is Harikatha, and the worst day is when there is none. He emphasized that two rare things in this life are true Bhakti association (Sang) and Harikatha. He gave the example of Ravana, who despite having a thousand sons and the most beautiful wives, lacked Sadhusang and Harikatha, which led to his ultimate downfall.

Maharaj Ji explained that through Sadhusang, one gains Bhakti, Sukha (joy), and Shanti (peace), and Harikatha is the elixir (Rasayan) for all diseases of the heart and soul. He illustrated this with a small story of a king who could not sleep for months, despite trying every possible remedy. Finally, a Sadhu brought a special oil, and without even touching the king, just by placing the oil in his room, the king found peace and slept for days. Similarly, Harikatha, when heard from a true Sadhu, can heal all ailments, cleanse the heart, and provide everything one needs.

The session concluded with a lively question-and-answer segment, where devotees had their doubts clarified by Maharaj Ji. The event ended with a beautiful prasadam distribution, organized by the dedicated teams of LMPY and GYF, ensuring that the nourishment of body and soul was shared by all.

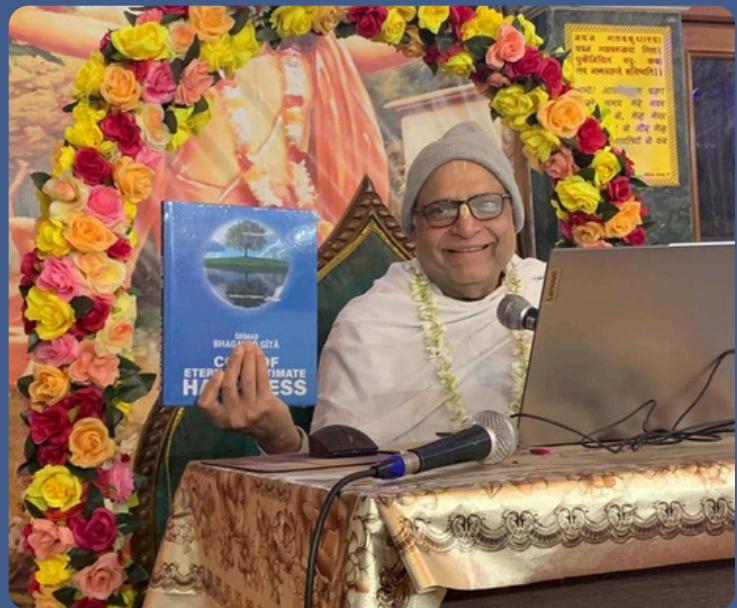
In essence, this day was a reminder of the rare and precious gift of Harikatha and Sadhusang. By immersing ourselves in these, we can truly experience peace, joy, and spiritual fulfillment, filling our lives with divine blessings. May we all cherish the teachings shared and carry them in our hearts, striving to make every day a day of Harikatha.



To watch the full discourse
you can click here.

The 6+1 Day Shrimad Bhagavad Gita Programme

- JANUARY, 2025



By causeless mercy of Srila Gurudev Srila Bhaktivedanta Narayan Goswami Maharaj, and under the guidance of Pujiyapad Bhaktivedanta Padmanabha Maharaja and Shripad Gokulchandra Prabhujī, the teams of GYF and LMPY successfully organized a 6+1 Day Shrimad Bhagavad Gita Programme. The event aimed to provide a comprehensive understanding of the Shrimad Bhagavad Gita in a concise seven-day format.

With the special mercy and guidance of Shripad Gokulchandra Prabhuji, approximately 150 participants attended the sessions daily. Each chapter was presented with a special emphasis on its teachings and practical applications in daily life. Prabhuji beautifully explained 12 chapters, offering profound insights into their meanings.

The program also featured engaging quizzes for each chapter, interactive question-and-answer sessions, blissful Vaishnav songs sung by devotees, and sumptuous prasadam, making it a spiritually enriching experience for all attendees.

"Some Glimpses of The 6+1 Day Shrimad Bhagavad Gita Programme"



"Some testimonials of The 6+1 Day Shrimad Bhagavad Gita Programme"

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A well designed week long Srimad Bhagwad Gita course by Pujiyapad Gokulchandra Prabhuji organised under the aegis of IGBT in Janakpuri math was very well delivered. The audience was able to connect & also introspect (key achievement of the course) during the sessions. The speaker is a well versed subject matter expert with an ability to teach in simple to understand language along with practical real life examples for better imbibing the spirit of BG.

More such courses shall be conducted!!

• Rajesh Ohri



“
भगवद गीता से हमें यह शिक्षा मिलती है कि हमें निःस्वार्थ भाव से सेवा करनी चाहिए और हमारा मुख्य उद्देश्य कृष्ण भक्ति होना चाहिए। गोकुलचंद्र प्रभु जी के कार्यक्रम से मैंने यह सीखा कि कर्मों को भगवान पर समर्पित करना चाहिए और भक्ति का मार्ग अपनाना चाहिए। प्रभु जी ने जो समझाया, वह बहुत प्रेरणादायक था। उनकी शिक्षाओं से यह स्पष्ट हुआ कि सही उद्देश्य के साथ जीवन जीने से ही शांति और संतुष्टि मिलती है।

• महक

“
The Bhagavad Gita 7 day Course was insightful and enriching, offering deep wisdom relevant to modern life.

Pujiyapad Gokulchandra Prabhuji effectively conveyed key teachings of various scriptures, making them practical and engaging. Overall, a well-structured and inspiring course.

• Harshel Arora



Program Feedback

Being part of Bhagavad Gita 6 program was a wonderful duration and gave deeper and Profound insights into its teachings and practical applications.

Hearing from such a senior vaishnav like Shripad Gokul Chandra Prabhu ji was a blessing,we always seek for.

We have already studied Bhagwat Geeta in LMPY classes but each and every time you listen Geeta discourse from Vaishnav who give pure and true meaning of the content Bhagavad Gita without adulteration

they have themselves gained knowledge from a bonafide Guru Bhaktivedant Narayan Goswami Maharaj ji, is eye opener for a Jiva like me.

It was after being part of LMPY that I felt the need of taking shelter of a Guru for guiding my life and it's purpose.

During 6 days course of Bhagavad Gita it was feeding for soul and gave more clarity over this much talked Granth. It provided valuable perspectives, foster personal and spiritual development and offers practical guidance for daily living.

Engaging with Bhagavad Gita course enhanced various aspects of life-

- Improved focus and concentration on correct and righteous things .
- Enhanced analytical skills- based on BG,it becomes clear that bhakti is not sentimentalism, it is based on facts.
- Clarity of thoughts- it dispels doubts and fears as Arjun's doubts were totally abolished and he understood the challenges.(for giving insight to life's miseries to us).
- Self awareness and inner peace- inner consciousness gets elevated and we feel peace in this word(which itself is a wonder).
- Realising life's purpose ,getting more focused , peaceful and meaningful life.

-- Dr Richa

“

“

श्री रमण विहारी मठ में पूज्यपाद गोकुलचंद्र प्रभुजी के आनुगत्य में GYF और LMPY की Team द्वारा विशेषकर श्रीमान नीरज प्रभुजी की अध्यक्षता में श्रीमद भगवद्गीता का सात दिनों का Session बहुत ही प्रेरणादायक रहा। किस प्रकार पूज्यपाद गोकुलचंद्र प्रभुजी ने जटिल से जटिल। सिद्धांतों को बहुत ही सहज और सरल ढंग से प्रस्तुत किया कि मुझ जैसे अज्ञानी व्यक्ति भी भगवान् कृष्ण की वाणी को कुछ - कुछ समझ पाइ। किस प्रकार भक्ति, कर्म और ज्ञान से श्रेष्ठ है शरणागति ही भक्ति का प्रथम सोपान है। भगवान् क्या कहना चाहते हैं वह शुद्ध भक्त ही सही प्रकार से प्रस्तुत कर सकते हैं, किन्तु मेरे लिए विशेषकर यह प्रेरणा दायक रहा कि प्रभुजी ने मुझे भगवद्गीता भली प्रकार से अध्ययन करने का एक लोभ प्रदान किया। इसके लिए मैं श्रीपाद गोकुलचंद्र प्रभुजी, श्रीपाद नीरज प्रभुजी और टीम LMPY और GYF की बहुत - बहुत आभारी हूँ।
• वर्षा

”

The 6+1 Days Bhagavad Gita Program was a truly enriching experience. Pujiyapad Gokul Chandra Prabhu Ji's deep knowledge and clear explanations made even the most complex verses easy to understand and connect with. His structured way of teaching and ability to simplify difficult concepts made the sessions truly impactful. Special appreciation to Pujiyapad Nand Kishore Prabhu Ji and LMPY & GYF for their careful planning and smooth organization, making this journey both enlightening and memorable.

• Khushi

”



BHAGVAD GITA TRIVIA

Monthly Quiz

Unlocking the wisdom of Srimad Bhagvad Gita

1. अर्जुन ने युद्ध ना करने के क्या कारण दिया?

क. कि युद्ध में उनके संबंधी हैं और उनको मारकर राज्य का सुख भी उनको सुख नहीं लगेगा

ख. संसार में वर्णसंकर आजाएगा और धर्म नष्ट होजाएगा

ग. उपर्युक्त कोई नहीं

2. अध्याय 3 में अर्जुन के यह प्रश्न करने पर कि "मुझसे न चाहते हुए भी पाप हो जाता है इसका क्या कारण है? भगवान ने इसका उत्तर दिया?

क. भगवान ने बताया कि जीव का स्वभाव ही पाप करना है

ख. भगवान ने कहा काम और क्रोध में लिप्त होकर रजोगुण में स्थित जीव पाप करता है

ग. उपर्युक्त कोई नहीं

3. वास्तविक गुरु कौन होता है?

क. जो शास्त्र पाण्डित हो

ख. जो भक्ति करवाकर सांसारिक कामनाओं की पूर्ति करदे

ग. जिसको भगवान की अनुभूति हो और वो अपने शिष्यों के संशयों को दूर कर उनको भी भगवद्गुरु का मार्ग दिखा सके

4. भगवान को भोग लगाए बिना अन्न ग्रहण करने से _____ पाप लगता है।

क. पंचसुना पाप

ख. गृहस्थ पाप

ग. कोई पाप नहीं लगता,



5. भगवान ने अर्जुन को कोन से दो मार्ग बतलाए जिनसे मन वश मैं हो सकता हैं।

क. कर्म और ज्ञान

ख. यज्ञ और वेद
पाठ

ग. अभ्यास और
वैराग्य

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. Simran (Syama Dasi)
2. Vipin Bihari Das
3. Damodar Priya Dasi



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



Lakshay Srivastava
(B.Tech. in AI and ML
from IPU)

As a college student, I frequently travel between home and college, encountering a diverse crowd with various mindsets, thoughts, and opinions. One thing I have observed is that people struggle with anger issues—they seem unable to control their temper, even over the smallest inconveniences. Additionally, many individuals remain engrossed in their screens, rarely looking up to observe the world around them. I realized that I, too, was falling into this pattern. Wanting to bring about a change, I was introduced to the Gaudiya Youth Forum [GYF] classes, and now, after six months, I can confidently say that GYF has transformed me, all thanks to the GYF community.

In April 2024, I attended my first GYF session. Since the instructor was starting with Chapter 4 [Gyan Yoga], it was initially difficult for me to follow the discussion. However, during the class, Sripad Nand Kishore Prabhuji, our instructor, reassured me, saying, "If you didn't understand everything in today's class, that's okay. It happens to everyone. Just stay consistent and have patience—you will become comfortable with these teachings over time." Along with Sripad Nand Kishore Prabhuji, other spiritual masters, including Pujiyapad B.V. Padmanabh Maharaj Ji, Pujiyapad B.V. Shant Maharaj Ji, and Pujiyapad Gokulchand Prabhuji, teach us the Bhagavad Gita in a simplified manner. They use real-life examples, personal experiences, and visual presentations to help us understand the Gita's shlokas effectively.

GYF is not just about attending classes every Saturday and going home; it is a community. We celebrate various festivals such as Holi and Diwali, making GYF feel like a family. Additionally, GYF organizes spiritual retreats to sacred places. I had the privilege of attending one such retreat, the "3rd Jhinholi Spiritual Retreat," where I learned about the daily routine of Brahmacharis. Waking up at 5 AM, performing bhajans, listening to Hari Katha, and participating in japa meditation sessions provided me with a deep sense of inner peace and joy.

Every class encourages shloka memorization, not for the sake of becoming a scholar but for practical spiritual growth. On this topic, Pujiyapad Bhakti Vedanta Padmanabh Maharaj Ji said, "What would happen if you found yourself in an uncomfortable situation, with no one to calm you down? The answer is that these shlokas will help you." Merely learning these shlokas won't instantly make one feel better, but speaking Sanskrit words produces positive vibrations that promote inner peace. If one struggles to memorize them, simply understanding their meaning is a great start—eventually, memorization will follow.

Currently, we are studying Chapter 6 [Dhyan Yoga], and I recently learned the 17th verse:

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ 6.17 ॥

This verse emphasizes balance in life: A person who eats healthily, sleeps and wakes up at a specific time (not exceeding eight hours of sleep), and works in a regulated manner is free from material misery.

GYF has not only helped me grow spiritually but has also taught me patience, consistency, calmness, and detachment from material possessions, which serve only the temporary pleasure of the body. I wholeheartedly recommend the GYF course to others because attending these sessions is truly worthwhile.

CHANT

Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare

AND BE HAPPY!



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