

# THE NEW WAVE

Monthly Newsletter of ISKCON Delhi-NCR

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## News

### **Harinama Sankirtana** (1st July) (ISKCON, Punjabi Bagh)

Devotees organized 7 Harinama sankirtanas at different locations of West and North Delhi like Prashant Vihar, Moti Nagar, Rohini, Paharganj, Ranibagh, etc with a purpose of self-purification and sharing the fortune with others in the form of holy names, prasadam & books. The sankirtanas are organized every Sunday morning and Thursday evening.



### **Nama Tattva Seminar** (9-12th July) (ISKCON, Dwarka)

A very special seminar on Nama-tattva, from the story of Ajamila, was conducted. The seminar was delivered by H.G. Prana Govind Prabhu, a senior monk from Vraja. It was attended by hundreds of participants each day. The inquisitive crowd gathered around the speaker for hours after the class to ask questions and learn more about the topic. Everyone appreciated the clarity and the impact of the seminar.



### **Ankuram Preschool** (July 11) (ISKCON, Punjabi Bagh)

Due to the initiative of the devotees two more branches of the school were opened making it to a total of 3 centres in

Kirti Nagar, Rohini and Paschim Vihar. The ceremony included Vidya Aarambh Samskar and speech by H.G. Rukmini Krishna Prabhu (Temple Co-President).



To facilitate the first steps of a child (& parents!!) in the world of formal education as an enriching, exciting and meaningful experience, the schools aims to provide suitable environment where students' natural seeds of curiosity and creativity may foster. The curriculum is designed around Vedic literatures and incorporates best global practices in early childhood education. For more details, log on to [www.ankurampreschool.in](http://www.ankurampreschool.in).

### **Harinama Sankirtana** (11th July) (ISKCON, Gurugram)

Congregational chanting on the streets is a special way introduced by Supreme Lord Chaitanya Mahaprabhu himself, as the most powerful way to attract the mercy of the Supreme Lord. Different devotees sang in attractive tunes and distributed the holynames to everyone without any consideration. The devotees joyfully danced to the holynames and attracted everyone. Prasadam was distributed to everyone enroute and at the end. The programs were highly successful.



### **3-days Sri Jagannath Katha and Cultural Program** (11th -13th July) (ISKCON, Gurugram)

Krishna-katha is the nectarean ocean where devotees of the Lord like to swim constantly. To glorify the Supreme Lord, 3-days of katha on the pastimes of Sri Jagannatha,



Baladeva and Subhadra was organised in Sri Krishna mandir, sector-10A. Many devotees and local residents attended the beautiful narrations. Various katha was delivered by H.G. Prabhavishnu Prabhu, H.G. Haridas Thakur Prabhu and H.G. Madhumangal Prabhu. Sumptuous prasadam was served to everyone at the end of the katha on each day.

### **Disappearance Day of Srila Bhaktivinoda Thakura** (13th July) (ISKCON, East of Kailash)

Srila Bhaktivinoda Thakura's disappearance day was celebrated with pushpanjali, Vaishnava bhajans and glorification. The Acharya was remembered for his pioneering works and his practical instructions for following devotional path especially for house holders.



### **Gundica Marjana** (13th July) (All ISKCON Temples Delhi-NCR)

Gundica-marjana is an integral part of the Ratha-Yatra at Puri. To mark this important tradition, ISKCON, East of Kailash organised a temple cleaning session. Hundreds of devotees took part in this exercise, cleaning every nook and corner of the temple. Established by Caitanya Mahaprabhu himself, this is as an opportunity to clean one's heart by attaining the mercy of The Lord.



### **Jagannatha Ratha-Yatra** (14th July) (ISKCON, East of Kailash, Dwarka, Gurugram)

To mark the beginning of the Ratha-Yatra at Puri, various Ratha-Yatras was organised in Delhi-NCR. The merciful Lord Jagannatha, Baladeva and Subhadra ventured out to give darshan to all while the devotees followed the cart of the



Lord, chanting, dancing, pulling the ropes and cleaning the path. Continuous kirtan and distribution of prasadam are some of the many special features of the Ratha-Yatra.

### **IYF Camps at Vrindavan** (14th-15th July, 21st -23rd July) (ISKCON, Punjabi Bagh)

ISKCON Youth Forum organizes regular camps for young boys at various sacred places with an aim to connect with nature, holy places, Vedic roots and inspire godly qualities in participants. The month of July saw two such camps being organized in the holy tract of Vrindavan. 55 young boys participated and for many of them this experience was completely transformational.

### **Book Distribution** (16th -20th July) (ISKCON, Punjabi Bagh)

The book distribution team and full time Vaisnava training (FTVT) devotees travelled to Dehradun, capital city of Uttarakhand to share the knowledge of Vedic literatures by distributing



transcendental literatures. In the span of 4 days, the team of 15 devotees distributed 4,000 books. These books are filled with endless seeds of fortune in form of transcendental wisdom and they can enlighten readers and show them the true path to happiness.

### **Disappearance Day of Sanatana Goswami** (27th July)

The disappearance day of Srila Sanatana Goswami was celebrated with pushpanjali, kirtan and feast. The disappearance of a great acharya is a day of lamentation due to which we grieve for their association, now lost to us. However, it is also celebrated as it marks the return of another associate of The Lord to his abode for His eternal service. The Acharyas preach by their examples and Sanatana Goswami imparts invaluable lessons in humility, service and sincerity in devotional life.



### **2-days Yatra to Gupta-Vrindavan (Jaipur)** (28th -29th July) (ISKCON, Gurugram)

Devotees started early morning in a bus and visited various places in Jaipur like Sri Govind deva, Sri Gopinath, Sri Radha-Damodar, Galtaji, Kanak-vrindavana and ISKCON Jaipur temple. H.G. Madhumangal Prabhu revealed the importance of various original deities residing in Jaipur and performance of pure devotional service to the Lord. The enroute kirtan and hari-katha at various places were enlivening and mesmerised everyone. The prasadam was served for the heartiest satisfaction of everyone. Everyone felt overjoyed in the association of devotees. Many newcomers also joined and felt bliss of bhakti in their lives.

## Upcoming events:

### **First month of Caturmasya begins (28th July)**

Caturmasya began from 28th July. In the first month we fast from green leafy vegetables.

### **Disappearance day of Srila Gopal Bhatta Goswami (2nd August)**

The disappearance day of Srila Gopal Bhatta Goswami, will be celebrated with pushpanjali, kirtan and Vaishnava bhajans. Devotees pray to these acaryas who have exemplified the principles of Bhakti yoga. By their behaviour and their teachings they inspire and motivate to progress on the path of spiritual life.



### **Lakshya Festival (4th August) (ISKCON, Dwarka)**



Lakshya Festival is being organized from 6:00 pm to 9:00 pm. Live concert of Padmashri awardee, Shri Anoop Jalota, is the main attraction of festival along with welcome kirtan, enlivening session

and dinner prasadam. Festival will be conducted at Delhi Haat Auditorium, Janakpuri, New Delhi. Dr. Punit Goel, IAS, Commissioner (SDMC) will be the Chief Guest and Narendra Chawla, (Mayor SDMC) will be the Guest of Honour.

### **Annual Day of Hare Krishna Sunday School (12th August) (ISKCON, Punjabi Bagh)**

The 5 centres of Hare Krishna Sunday School will be celebrating their first annual day to honor and celebrate the journey so far and to look forward for journey ahead. The program would consist of various cultural programs, speeches and a thanksgiving ceremony for our teachers and volunteers.

### **Mera Bharat Mahan Seminar (15th August) (ISKCON Dwarka)**

A special seminar is being organized on the Independence Day on the topic "Mera Bharat Mahan". This seminar is scheduled from 6.00 pm to 8.00 pm. It will be delivered by H.G. Amala Krishna Prabhu, Ph.D. IIT Delhi, Vigyan Ratna Awardee. Program and will be followed by nectarean kirtan and delicious dinner feast prasadam.

### **Grand opening of Bahadurgarh Temple (18th August- 20th August)**

ISKCON is known all over the world for grand temples. Srila Prabhupada called these as educational centres, which imparted the science of self-realisation. A

palatial temple at Bahadurgarh, will have its grand opening from 18th to 20th August. The celebrations will begin on 18th with the ceremony of Netromilana and Vandapanam showing items to the Lord. This will be followed by Adivasa and prasadam. On the 19th, the deity installation ceremony will be carried out, followed by a mahaabhishek, special darshans of the deities. A cultural program along with discourses and kirtan will also be organised in the evening. The celebration will be attended by dignitaries. His Excellency Kaptan Singh Solanki, Honourable Governor of Haryana and Shri. Manohar Lal Khattar, Chief Minister of Haryana will be gracing the occasion. On 20th August, the first boat festival of Radha Madangopal will be celebrated amidst kirtan and chanting of the holy name. The transcendental festival will be a small offering to Sri Sri Gaur Nitai and Sri Sri Radha Madangopal. The Project plans to include Brahmchari ashram to accommodate 50 brahmcharis, 16 room guest house, Govindas and Banquet Hall in future. Built by relentless efforts of H.H. Gopal Krishna Goswami Maharaja, H.G.Vedvyasa Prabhu and H.G. Rasapriya Prabhu, the temple is mesmerizingly beautiful with its architecture, domes, beautiful paintings, flooring, and overall design. Details can be accessed at [www.iskconbahadurgarh.com](http://www.iskconbahadurgarh.com).

### **Radha Govinda Jhulan Yatra Begins (21st – 26th August) (All ISKCON Delhi-NCR Temples)**

In the month of Shravan, their Lordships are made to swing on decorated swings. Adorned with the fragrance of flowers, moist mud and sprinkled with the soothing spray of monsoon showers, the divine couple enjoys the dance of the peacocks and the melodies of the nightingales. In the land of Vrindavan, Lord's own home, this time is celebrated as the Jhulan yatra. Devotees pull the strings of the swing in the mood to offer service to Their Lordships. This festival is observed in all Delhi-NCR temples too. Hundreds throng daily to serve the Lordships.



### **Disappearance day of Srila Rupa Goswami (23rd August) (ISKCON, East of Kailash)**

Rupa Goswami was one of the six principal disciples of Chaitanya Mahaprabhu. He received the instruction of

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# Why Do We Need a TEMPLE?

**R**atan Gupta (RG) is a wealthy industrialist, well-known for being charitable to noble causes. He recently attended an ISKCON program at a friend's house, where the speaker Sanatana Swami (SS), a venerable monk who has been teaching God consciousness for the last 35 years, invited him to visit the local ISKCON temple. One early evening, Ratan decides to go to the temple. As he parks his car outside the temple, he notices hoardings depicting a grand new temple that ISKCON is planning to build. He meets and enquires from Santana Swami.

**RG: Do we need such costly temples? So many people are suffering without food, clothing, and shelter. Isn't that a much more urgent necessity for society than an expensive temple?**

**SS:** Certainly it saddens our heart to see people suffering without the basic necessities of life. Many humanitarian organizations are working to help them and much more can be done. At the same time, a temple plays a vital role in the integration and the development of the entire community, a role that is not being played at all in our modern society.

**RG (surprised): Really? What is that role?**

**SS:** I will briefly explain the social services provided by a temple through an acronym T.E.M.P.L.E.

T – Tranquility

E – Education

M – Medication

P – Purification

L – Love

E – Engagement

## **Tranquility**

Just as food, clothing and shelter are the basic needs of the body, peace is a basic need of the mind. Today, there is practically no system to provide for this basic mental need. Worse still, our fast-paced, stress-filled lifestyle agitates our mind a lot. No wonder the World Health Organization (WHO) has declared that the greatest medical challenge of the current century will be not AIDS or cancer but mental health problems. The temple is one of the few places where one can immediately experience a deep peace just by going into the premises.

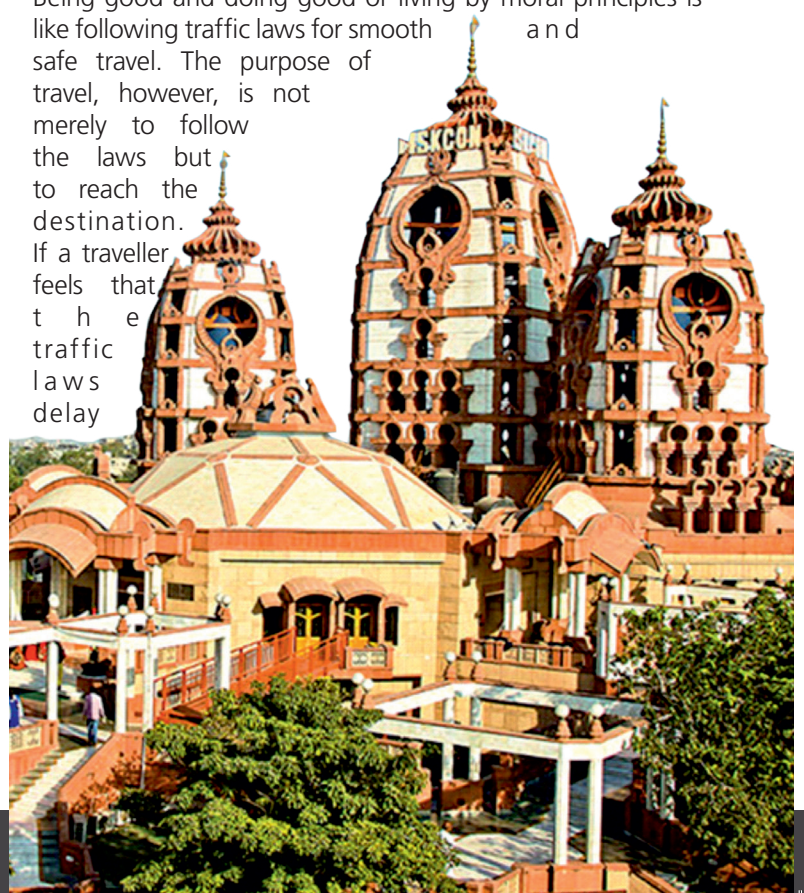
**RG (looking thoughtful): When I entered the temple I was wondering how it is such a haven of serenity despite geographically being amidst the hustle-bustle of the city. Where does this tranquillity come from?**

**SS:** The tranquillity is a natural result of the divine vibrations that constantly pervade a temple. Those vibrations result from both the presence of the Lord in His deity form as well the constant chanting of His holy names. Many, many people come to the temple in the evening to de-stress themselves before returning home. They take darshan of the deities, attend the worship or sit in the temple hall taking in the divine atmosphere. Thus they become mentally recharged to cope with the challenges of life. The founder-acharya of ISKCON, His Divine Grace A C Bhaktivedanta Swami Srila Prabhupada, wanted to have temples right in the hearts of

the cities so that maximum number of people would have easy, quick access to the tranquillity that the temple offers. Peace of mind is not a luxury, but is a necessity that enables us to perform our duties sustainably. To lift a 5 kg weight for a few minutes is not difficult. But if we were to lift it continuously for the rest of our lives, it would soon become an unbearable burden. We would need to relieve ourselves of the weight by short breaks that would allow the muscles of our arm to rest and regain strength. Similarly our duties – and the anxieties that inevitably come with them – are like burdens on our minds. If we let these burdens weigh on our minds constantly, they exhaust us mentally. We need short breaks that allow our minds to rest and regain strength. People try to get these breaks through entertainment – by watching TV and movies, which may sometimes refresh us, but often it leaves us with more agitating thoughts, desires and memories. But, when we come to the temple, we take those mental burdens off and sooth our minds with the healing serenity that pervades the temple. When we are mentally refreshed, we restart our duties with greater effectiveness.

## **Education**

Science tells us how to do things, but spirituality alone teaches us why to do things. The purpose of real education is not just to train students in technical skills, but also to rectify the lower human tendencies. Sadly, modern education fails to do that. Learning is not just for earning, but for service. The doctor's real duty should be to serve the patients, to free them from their pains and to heal them. Think of how much better our world would be if everyone were working to serve each other, not exploit each other. Spiritual education can create that culture of service. Without spiritual education, most people will not be able to stay good or do good for a long time; they would soon succumb to an immoral, exploitative mentality. Being good and doing good or living by moral principles is like following traffic laws for smooth and safe travel. The purpose of travel, however, is not merely to follow the laws but to reach the destination. If a traveller feels that the traffic laws delay





or obstruct his reaching the destination or that there's no policeman to catch him, he will soon become tempted to break the laws. Like traffic laws, moral principles promote order, specifically orderly social interactions.

### Medication

From the spiritual viewpoint, all improper, immoral behaviours are the symptoms of a diseased mentality. The Vedic scriptures explain that this diseased mentality is caused by six main germs: lust, anger, greed, envy, pride and illusion. Let's see how these breed most criminal behaviour. Lust causes rapes and sex-related crimes; greed causes corruption and financial transgressions; and anger causes terrorism and violent crimes. Similarly, millions of people worldwide squander billions of dollars on self-destructive indulgences like smoking, drinking and drug addiction. What makes them addicted to substances that poison and kill their own bodies? The lust for instant pleasure. Thus the infections of the mind cause people to harm others and harm even themselves, thus leading to major global problems. The Vedic scriptures also explain that remembrance of God is the cure to these infections of the mind. We are basically pleasure-seeking creatures. When we seek pleasure externally, the germs into our mind infect us, for they all promise us external pleasure. But the remembrance of God gives us inner happiness and thus frees us from the infection of these germs. The easiest way to remember God is by chanting his holy names. Hence, the holy name of God is the medicine to cure this diseased mentality.

### Purification

Spiritual knowledge and practices are not meant only to make bad people good, but also to make good people better and better till they become the best they can be. The Bhagavad-Gita (4.2) describes that its wisdom is especially meant for the leaders of society. Purification is the key that unlocks the treasure of happiness locked in our own hearts. As spiritual beings, we are, by our very nature, sat-cit-ananda, eternal, full of knowledge and full of happiness. So the purer we become, the more we can experience our own joyful nature. When we are joyful within, then we interact with others to share our joy with them. But when we are empty within, we are inevitably craving for external pleasures. So, when we interact with others, then consciously or unconsciously, we tend to manipulate and exploit them to get what we want from them. In fact, when a person is in material consciousness, that is, seeking pleasure externally, his first default thought on meeting anyone is: "What can this person do for me?" On the contrary, when a person is in spiritual consciousness, that is, satisfied internally, his first default thought on meeting anyone is: "What can I do for this person?" There's another important way in which purification can make a massive difference in society. When our hearts are pure, we can understand God's plan to do good to the world and can harmonize our plans with His. Else, even if we want to do good, but our plans run contrary to God's plan, we will end up causing more harm than good, despite our good intentions.



### Love

#### RG: How do we develop our love for Krishna?

**SS:** The temple is the place where we experience Krishna's love for us and thus fulfil our hunger for love. The temple also gives us the opportunity to express our love for Krishna by rendering service and can thus redirect our love from matter to Krishna. How does the temple provide us experience of Krishna's love for us? Through His Deities, His philosophical teachings, His wonderful pastimes, His sweet holy names and especially His kind-hearted devotees. Krishna loves all His children, even those children who have forgotten Him. So, just as an obedient son tries to please his father by getting a wayward brother back home, the devotees express their love for Krishna by carrying His message of love to the forgetful souls. Sainly persons from all religions have radiated this divine extraordinary love and thus inspired thousands to reciprocate and develop their dormant love for God.

In a temple, we come in touch with devotees who lead us back to our eternal home. So in one sense the temple is a pointer to our eternal home, but in a deeper, spiritual sense, the temple is our eternal home. Kings of ancient India would glorify God as the king of all kings by building His temples bigger than their own palaces. That's why we need big, beautiful temples today too: to attract people to visit and thus discover the way to their eternal home. The temple is a home in another sense also; all the devotees connected with a temple, because of their common aspiration of loving Krishna, become like one extended family. And the temple becomes the common home for this large family. ISKCON temples have a weekly Sunday program where all the devotees come together; at that time, the joy among the devotees is just like the joy during a family get-together. And the amazing thing about this family is that it has members from different states, castes, nations, religions all united together lovingly in service to Krishna. That's why it is said about Srila Prabhupada that "he built a house in which the whole world can live."

### Engagement

The temple becomes the centre where activities are organised to keep us engaged in the service of the Lord.

The temple has so much to do to share God's love with society and they are the most significant people doing most of the services. That brings us to the last contribution of the temple.



relocating to Vrindavan, to salvage and preserve the places of pilgrimage there. He was also entrusted with writing and preaching of Vaishnava theology. His works, instructions and life are the lighthouse for Vaishnavas. His disappearance day will be celebrated with kirtan, pushpanjali and glorification. His enunciation of principles of pure devotional service is the crux of the teachings of Mahaprabhu, who is Krishna Himself. Rupa Goswami has an important place in the vaishnava tradition. He will be remembered for his contribution and his exemplification of how one can attain the highest standards of devotional life.

### **Ratha-Yatra (25th August)** **ISKCON, Punjabi Bagh**

The devotees are invited to participate in the annual Ratha-Yatra starting from Maharaja Agrasen Bhawan (Paschim Vihar) and ending at Janmastami Park (Punjabi Bagh). Please visit us at [www.iskconpunjabibagh.com](http://www.iskconpunjabibagh.com) to know more.

### **Appearance day of Lord Balarama (26th August)**

Scriptures explain that the only difference between Krishna and Balarama is the complexion of Their skin. Lord Balarama is the first expansion of the Supreme Personality of Godhead. Without His favour, a devotee cannot attain the love of Godhead. He is the source of the entire spiritual world. He



is Adi-guru, the original spiritual master. He holds the key to tasting of transcendental bliss in devotional service. His appearance day will be celebrated with abhishek, kirtan and feasting. On this day devotees seek the mercy and favour of Lord Balarama in order to develop a positive service attitude.

### **Second month of Caturmasya begins (27th August)** **Abstinence from curd or yogurt begins.**



### **Rajyavardhan Rathore, Minister IB, praises ISKCON**

The Honourable Minister of State, Youth Affairs, Sports, Information and Broadcasting, praised the efforts of the Youth wing of ISKCON, in re-establishing moral education. He honoured high commendation to the organisers of Udgaar, who make a noticeable contribution to society through their character building programmes.

### **VANI (ISKCON, Punjabi Bagh)**

Voice and News of ISKCON (VANI) is an initiative that was started by couple of devotees in year 2015 to connect with masses through social media. 3 years later, with more than 100,000 followers on Facebook, 5000 subscribers on Youtube and 7000 followers on Instagram, the team is looking for expansion to take the message to millions around the world. VANI aims to present the message of Krishna Consciousness movement in a way relevant to modern masses of all age groups and assist all devotees in fulfilling 7 purposes of ISKCON. We invite volunteers to join the team. We are looking for content writers, video and sound editors, script writers, social media experts, musicians, voice over artists, web developers, photographers and graphic designers. Visit us at [www.vanipb.com](http://www.vanipb.com) to know more and connect.



### **WhatsApp group (ISKCON, Punjabi Bagh)**

Now get Daily deity Darshans, Festival Announcements, Quotes from Scriptures, Ekadashi reminders, Videos, ISKCON Punjabi Bagh updates and much more. Just send your <name> and 'subscribe ' through WhatsApp on 9999197259

### **School Visits (ISKCON, Punjabi Bagh)**

Since the Janmastami is approaching, many schools bring their students to the temple to give them a first-hand experience of a temple. Every school group is given a short presentation on the temple and its activities. The kids participate in the kirtans, dance and honor prasadam. The whole temple atmosphere reverberates with pure and enthusiastic combined chants of these kids and joyful dance. In modern times of changing atmosphere, spiritual experiences like these can go a long way to help.





# PREACHING CENTRES AROUND DELHI NCR

## ISKCON, EAST OF KAILASH

**Chirag Delhi**-168, Sejwal Chowpal, Near Subzi Mandi  
Chirag Delhi, New Delhi-110017  
Contact at: 9911717110, 9910381818, 9810484885  
Program: Every Saturday, Evening 7 PM to 9 PM

**Okhla**- Chhuria Muhalla Chowpal, Tehkhand Village  
Okhla, Phase – I, New Delhi-110020  
Contact at: 8588991778, 9810016516, 9911613165,  
9971755934  
Program: Every Tuesday, Evening 7 PM to 9 PM

**Kotla Mubarakpur**- Shri Omkareshwar Shiv Mandir  
(Panghat wala), Gurudwara Road  
Opp. Sher Singh Bazar, Kotla Mubarakpur, New Delhi-110003  
Contact at: 9350941626, 9818767673, 9311510999  
Program: Every Saturday, Evening 7 PM to 9 PM

**Khanpur**- B-192-B, Jawahar Park, Devli Road  
(Near Cambridge School), Khanpur, New Delhi-110062  
Contact at: 9818700589, 9810203181, 9910636160  
Program: Every Saturday, Evening 7 PM to 9 PM

**Hari Nagar, Ashram**- 217, Saini Chaupal, Ashram  
Or 119, VIIT Computer Institute (Basement)  
Hari Nagar, Ashram, New Delhi-110014  
Contact at: 9811281521, 011-26348371  
Program: Every Saturday, Evening 7 PM to 9 PM

**East Vinod Nagar**-E – 322, Gali No. 8, East Vinod Nagar,  
Delhi-110091  
Contact at: 9810114041, 9958680942  
Program: Every Saturday, Evening 6.30 PM to 8.30 PM

**Sriniwas Puri**-Sanatan Dharam Durga Mandir  
1st Floor, J J Colony near to Gurudwara, Sriniwas Puri,  
New Delhi-110065  
Contact at: 9711120128, 9654537632  
Program: Every Wednesday, Evening 7.30 PM to 9 PM

**Sangam Vihar**- E-6/102, Near Mahavir Vatika  
Sangam Vihar, New Delhi-110080  
Contact at: 9212495394, 9810438870  
Program: Every Sunday: Evening 5 PM to 8 PM  
Every Morning: 5 AM to 7 AM  
(Mantra Meditation)  
Every Evening: 7 PM to 9 PM (Aarti)

**Boat Club**-Rajpath Lawn near Central  
Secretariat Metro Station,  
New Delhi -110001  
Every Wednesday 1PM -2 PM  
Contact : 9560291770, 9717647134

## ISKCON, GURUGRAM

**RADHA KRISHNA MADIR**  
New Colony, Gurugram, Every  
Saturday-6:30 to 8:30PM  
Melodious Kirtan, Discourse on  
wisdom of Bhagvad Gita and Krishna  
Prasadam

**Rail Vihar Community Center**  
Sec 47, Gurugram, Every Wednesday  
7:00 to 9:30PM  
Melodious Kirtan, Discourse on  
wisdom of Bhagvad Gita and Krishna  
Prasadam

**Sarojini Nagar**-Bharat Sewak Samaj Nursery School, Opp. Keshav  
Park, Sarojini Nagar Market, New Delhi – 110023  
Every Monday 6 PM to 8 PM  
Contact : 9899694898, 9311694898

**Lodi Road**-Pocket – 2 Park, Lodhi Road Complex,  
New Delhi – 110003  
Every Saturday 5 PM to 7 PM  
Contact : 9868236689, 8910894795

**R.K.Puram**-DMS Park (Opp. House No. 238), Sector - 7, R.K.  
Puram, New Delhi –22  
Every Sunday 5 PM to 7 PM  
Contact: 9899179915, 860485243, 8447151399

**Gole Market**-Model Park, Sector – 4, DIZ Area, Gole Market,  
New Delhi – 110001  
Every Saturday 5 PM to 7 PM  
Contact: 9560291770, 9717635883

## ISKCON, PUNJABI BAGH

**Kirti Nagar**- Shemrock heights Play School- E-77,  
opp. Kotak Mahindra Bank. Centre Coordinator- Krishna Murari  
Prabhuj- 9868387810

**Paschim Vihar**- 344, Pragati Apartments, club road Punjabi  
bagh, Centre Co-ordinator- Jahanvi Mataji 9250637080, Parul  
prabhuj- 9971493379

**Rani Bagh**- OM Public School, Furniture Market, Rishi Nagar.  
Centre Co-ordinator Vikas Singhal- 9654690503, Sadhyavilasini  
Mataji – 9212400126

**Vishal Enclave**- Kidz Liliput- B33 Vishal Enclave, Rajouri Garden,  
Centre Coordinator- Kavita Gulati Mataji -8447487375

**Shastri Nagar** WZ-38, opposite Mother Dairy,  
Centre Coordinator- Vaibhav Gupta Prabhuj- 9868036006,  
9213432666, Sadhya Krishan Prabhuj- 9999840554

**Gaunidhi**  
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# Nitya Seva

Nitya Seva-Niswartha Seva is a selfless monthly donation program for serving the Lord. It's purely voluntary, based on the desire, inclination and capability of the donor. The mode of donation could be through cash, cheque or ECS. One can choose to donate any amount as Lord Krishna sees our intent behind that donation. A formal receipt will be provided for each donation. For more details,

- For ISKCON, East of Kailash, Please contact HG Baladeva Sakha Prabhu @ 9312069623
- For ISKCON, Punjabi Bagh, Please contact HG Premanjana Prabhu @ 9999197259.
- For ISKCON, Dwarka, Please contact HG Archit Prabhu @ 9891240059.
- For ISKCON, Gurugram, Please contact HG Rameshwar Giridhari Prabhu @ 9899651230 / Ritesh Rampal @ 9654230342.
- For ISKCON, Faridabad, Please contact HG Ravi Shravan Prabhu @ 9999020059
- Sri Sri Radha Parthasarathi Nitya Vighra Sewa including bhoga offerings (fruits, vegetables, dry fruits, wheat flour, sugar, desi ghee, etc), diety dresses, diety jewellery and other paraphernalia, Please contact HG Janmashtami Chandra Das @ 7011326781, 9999035120

## Vaishnava Calendar

August - 2018

**Aug 2** - Disappearance of Srila Gopal Bhatta Goswami

**Aug 8** - KamikaEkadasi (Fasting from grains and beans)  
Break fast time next day between 5.46-10.13 am

**Aug 21** - Jhulan Yatra begins

**Aug 22** - PavitropanaEkadasi(Fasting from grains and beans) Breakfast time next day between 5.54-10.13am

**Aug 23** - Disappearance of Srila Rupa Goswami

**Aug 26** - Balarama Purnima (Fasting till noon, only Ekadasi Prasadam to be taken)

**Aug 26** - Beginning of second month of Caturmasya (Fast from yogurt)

**Aug 26** - Jhulan Yatra ends

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## Temple Schedule

Program	Time
Mangala Arati	4:30 AM
Japa Meditation	5:15 AM
Darshan Arati	7:15 AM
Guru Puja	7:30 AM
Srimad Bhagavatam Discourse	8:00 AM
Raj Bhog Arati	12:30 PM
Usthapana Arati	4:15 PM
Sandhya Arati	7:00 PM
Bhagavad Gita Discourse	8:00 PM
Shyana Arati	8:30 PM
Temple Closes	8:45 PM



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Founder Acharya - HDG A.C. Bhaktivedanta Swami Prabhupada

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