

Volume 4, Issue 11
March 2018

The New Wave

Monthly Newsletter of ISKCON Delhi-NCR

News

1. Seminar on Stress Management (3rd – 4th Feb) (ISKCON Gurugram)

H.G. Dashrathi Prasad Das conducted a seminar on Stress management for the senior management of Jhabua Power plant in Jabalpur. The program was highly successful and attracted attention of local newspapers as well. The seminar provided tips to encounter daily corporate challenges based on the teachings from 'Bhagavada Gita As it Is' by Srila Prabhupada.



2. IYF 6-day session (from 4th Feb) (ISKCON Punjabi Bagh)

ISKCON Youth Forum, organized a 6 sessions seminar for the youth, which started on 4th February and will be conducted every Sunday from 3-5 pm at Srila Prabhupada Bhavan. The topic of the session is 'Discover Yourself' and it aims to redirect the audience towards their real self and know the actual purpose of life. A large number of youth enrolled in the program and hence, was quite well received.



3. Free Medical Camp (4th, 11th and 18th Feb) (ISKCON Gurugram)

A free medical camp was organized to provide free tests for health check-up, diabetes, blood pressure. The 3 day camp offered counselling and treatment by a team of trained Doctors and Specialists headed by Dr. Suresh, Dr. Vahini and Dr. Rajani and Dr. D.D. Gera. Many visitors took consultation and treatment from the doctors at the camp.

4. Appearance day of Srila Bhaktisiddhanta Sarasvati Thakura (5th Feb) (ISKCON Delhi-NCR Temples)

Srila Bhaktisiddhanta Sarasvati Thakura's appearance day was celebrated with transcendental kirtan, pushpanjali and feast. The 'lion guru' revived Vaishnavism through his philosophical and scholarly approach. His knowledge of and faith in shastras paved the way for the worldwide spread of Vaishnavism. He challenged the deep-rooted caste system and pioneered the propagation of Vaishnava siddhanta.



Establishing 64 Gaudiya math temples, he showed the way to his disciples for presenting true philosophy to the masses. As the spiritual master of A.C Bhaktivedanta Swami, the founder acharya of ISKCON, he can easily be credited for being the inspiration behind Prabhupada's mission to spread the name of Krishna all around the world.

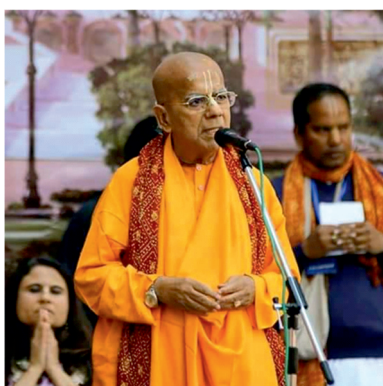
5. Stress buster sessions for students (5-15th Feb) (ISKCON Dwarka)

H.G. Amogh Lila Prabhu conducted stress buster sessions for the students in various schools. He went to various



schools and the senior students of 9th, 10th, 11th and 12th were invited to attend the session. The response was overwhelming as almost all school Principals requested session for the teachers as well which are being planned for the coming months. Some of the schools where the sessions were conducted are Abhinav Global School, N K Bagrodia School, Shiv Vani School, Happy Model School, Shri Ram International School, etc.

6. Chakra installation at the TOVP, Mayapur (7th Feb)



On February 7th, ISKCON leaders and devotees worldwide came together at the Holy place of Sridhama Mayapur for the historic occasion of the installation of the final two Chakras onto the domes of Sri Sri Radha Madhava/Pancha Tattva and Lord Nrsimhadeva atop the Temple of the

Vedic Planetarium. This highly important and pivotal event represents the achievement of another milestone of success in the completion of the TOVP, and heralds the next phase of construction as we approach its completion and the Grand Opening ceremony in 2022. Amidst Vedic chant, in the presence of GBC members, sanyasis and senior devotees, the Chakra was installed and the flag was hoisted. Speaking on this momentous occasion, H.G. Ambarish Prabhu reminded the gathering of the importance of this project and how dear it was to Srila Prabhupada. H.H. Bhakti Charu Maharaja, expressed gratitude to all the donors who have contributed towards this sublime cause. H.H. Gopal Krishna Goswami Maharaja emphasised on continuing the marathon for the completion of this temple.

On this occasion a special tribute song was released. Composed by H.G. Yamuna Jivan Das from South Africa, over fifty devotee singers, musicians, recording engineers and artists from all over the world contributed their talents to help create this beautiful composition in glorification of the temple, Lord Chaitanya Mahaprabhu and Srila Prabhupada.



7. Disappearance day of Srila Jagannatha Dasa Babaji Maharaja (16th Feb) (ISKCON East of Kailash)

Srila Jagannatha Dasa Babaji Maharaja was called the “commander in chief of devotees” by Srila Bhaktivinoda Thakura. He moved from Vrindavan to Navadvipa, inspired by Thakura Bhaktivinoda’s passion for preaching. He was an exalted Vaishnava who practised bhakti yoga to perfection. He confirmed the site of the appearance of Mahaprabhu through his spiritual vision. His disappearance day was celebrated with pushpanjali, kirtan and feast.



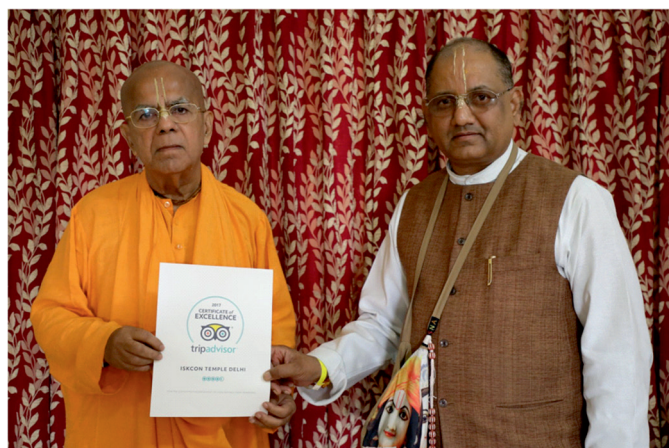
8. Meeting with Dr. Satyapal Singh, MOS, HRD (16th Feb) (ISKCON East of Kailash)

The Communication Director His Grace Vrijendra Nandan Prabhu met Dr. Satyapal Singh, State Minister of HRD New Delhi and presented Mahaprasadam to him.



9. Certificate of excellence by Trip Advisor (ISKCON East of Kailash)

ISKCON, Delhi was presented the Trip Advisor’s award for excellence in hospitality and maintaining high standards of facilities for tourists and visitors from all around the world.



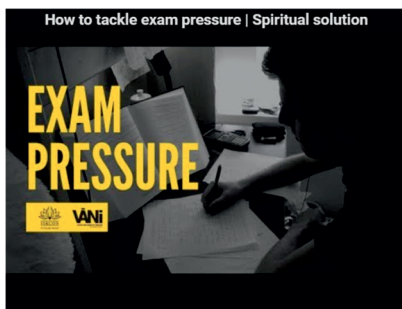
10. Remembering Sri Mayapur Dhama Seminar
(18th Feb)
(ISKCON Dwarka)

A special multi-speaker seminar was organized as a prelude to Gaura Purnima at the Namahatta corner. The seminar geared towards remembering the most magnanimous Sri Chaitanya Maha Prabhu and His dhama before His appearance day on March 2. The seminar was followed by a delicious lunch prasadam



11. Video Launch: how to tackle exam pressure
(18th Feb)
(ISKCON Punjabi Bagh)

Team VANI (voice and news of ISKCON Punjabi Bagh), forayed into the ever-captivating world of motivational videos, by launching their debut project. The video led by H.G. Rukmini Krishna Prabhu has been successfully launched on the official social media handles of ISKCON Punjabi Bagh.



The video aims to ease out the pressure of exams amongst students and provides most important spiritual and practical tips for the same. The video has already scored many likes and subscribers.

12. Navadvipa Mandala Parikrama (18th – 25th Feb)
(ISKCON Delhi-NCR Temples)

Scriptures prescribe residence in dhama or a holy place for spiritual upliftment. The benediction increases manifold if it is Navadvipa, the land of the holy pastimes of Lord Chaitanya Mahaprabhu.

Devotees from Delhi and NCR undertook a parikrama of the Navadvipa Mandal. They visited the places of pastimes and heard katha from exalted Vaishnavas. It was a wonderful opportunity to meditate on the transcendental lila of the Lord, to associate with devotees and perform service. Dramas based on the life of Mahaprabhu recreated the pastimes giving pleasure and instructions to the devotees.

Devotees also took part in the Sraavan Utsav and Kirtan Mela. The devotees heard about the Lord, his instructions and philosophical discourses. By performing kirtan for the



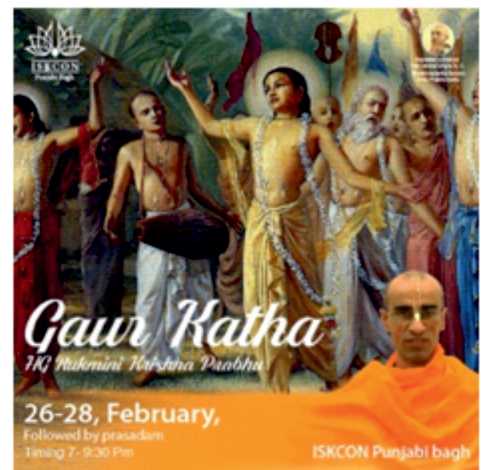
pleasure of the Lord, the enthusiasts were infused with revived determination and enthusiasm.

13. Seminar on Parenting Formula (25th Feb)
(ISKCON Gurugram)

Keeping in view the increasing difficulties in bringing up children with moral and spiritual values, ISKCON organized a special orientation programme for the parents in Rail Vihar Society. The two hours session focused on addressing the root cause of disconnected and uncordial relationship between parents and their children in present environment. The session was very helpful in enlightening the parents with Vedic solutions to address these challenges. The session was interactive, and parents came up with queries which were answered patiently and effectively. The parents suggested that such orientation programs must be arranged for the parents with children of all age groups. They even mentioned that whatever they had learnt, would be very beneficial in fostering a better relationship between them and their children.

14. Gaura-katha 2018 on the occasion of Gaur Purnima (26th-28th Feb)
(ISKCON Punjabi Bagh)

A three-day Gaura-katha festival was organized on the glorious occasion of Gaur Purnima. It was led by H.G. Rukmini Krishna Prabhu who spoke on various sublime topics as pastimes of Chaitanya Mahaprabhu, His appearance



and many more nectarean details of His life. The audience were absolutely absorbed on hearing these drops of nectar. The apt mood for the glorious appearance of the most magnanimous avatara, Sri Krishna Chaitanya was set.

15. Gaura Purnima Festival (25th Feb – 2nd Mar)
(ISKCON Dwarka)

A wonderful festival was organized on the occasion of Gaura Purnima. This one-week long festival comprised of several discourses spread over the week, cultural programs like dramas, dances, etc. culminating in Mahabhishek of

HOW CAN WE SPIRITUALIZE OUR MATERIAL ATTACHMENTS?

There are attachments and detachments. Bhakti is beyond both. It is about commitment. If we want to develop a relation with Krishna, it requires committed practice of bhakti. When we talk about material attachments, we are not meant to become hard hearted; we are not meant to be unfeeling in the name of not being attached. There is a complete picture that has to be seen in any relationship. The classic example of attachment is Dhritarashtra & Duryodhana.

When we consider villains, there are active villains and passive villains. Dhuryodhana was the active villain. He was doing all the bad things. Dhritarashtra was the consenting villain. He just allowed him to do it. Dhritarashtra actually was an intelligent person. He could understand things but his attachment blinded him. He could see only his relationship with Duryodhana and because of this attachment, he couldn't tolerate Duryodhana's displeasure. If Duryodhana felt displeased, he couldn't take it. For him, "Whatever it takes to please you, I will do that". Even if it meant

becoming immoral, brutal, etc., he did that. So in Dhritarashtra's case, one relationship blinded him to the bigger picture.

Attachment is bad when one relationship blinds us to the bigger picture i.e. the bigger picture of our relationship with God or of our life's higher priorities, life's ethics. Otherwise, relationships itself are not bad. When we give due time to understand the bigger picture of life, the ultimate purpose of life, and pursue that purpose through our practices, we don't have to minimize or reject all our relationships as material. Even if there is attachment in the relationship, one shouldn't let that attachment restrict one in his spiritual growth. Such material attachment can be harmonized with our bhakti. Ultimately whoever we are attached to, that person is also a part of God. We may become that person's link with God. However, the important thing is to not let one relation blind us to the bigger picture.

We should keep the bigger picture in perspective

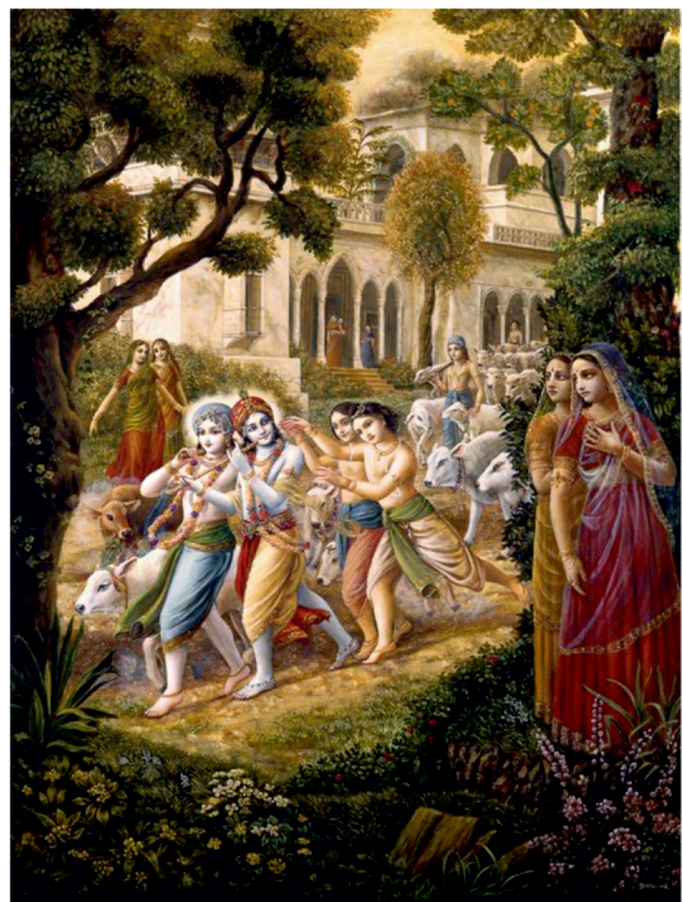




and act in a relationship not just as per the needs of that relationship alone. Such relationship may not be considered bad or attachment, something which we have to give up. Rather we can see such relationship as an opportunity for service to Krishna.

We must focus on developing our relationship with Krishna, act in life according to the big picture, and based on how the other person reciprocates, we may have to choose a practical way by which we maintain that relationship and not let that relationship interfere with our spiritual growth. Ideally speaking if we, through our practice of bhakti become better human beings, and the other person notices that change, then that person may also feel motivated to become spiritual. In this way the material relationship can become more and more spiritual.

To summarize, the first stage in spiritualizing a relationship is that we don't let that relationship blind us to the bigger picture. Secondly, we perceive that relationship in the light of the big picture. The third stage is that the other person sees how we have improved by our spiritual practices and he also feels motivated to become spiritual.



ISKCON DWARKA DELHI

GAURA PURNIMA

Advent of Lord Chaitanya Phoolon Ki Holi

PROGRAM

25th Feb 3:00 pm : 'Harinaam' in Janakpuri	1st March 7:00 pm : Lilas of Lord Chaitanya Mahaprabhu (a discourse) Speaker : "His Grace Sarva Sakshi Prabhujii" 8:30 pm : Drama by ISKCON Youth Forum
27th Feb 7:00 pm : Lilas of Lord Chaitanya Mahaprabhu (a discourse) 8:30 pm : Drama	2nd March 6:00 pm : Maha Abhishek 7:00 pm : Bhoga Offering 8:00 pm : Phoolon Ki Holi
28th Feb 7:00 pm : Lilas of Lord Chaitanya Mahaprabhu (a discourse) 8:30 pm : Dance by ISKCON Girls Forum	

Delicious Krishna Prasadam will be served on all the days

International Society for Krishna Consciousness
Founder-Krishna Prema Das Babaji Maharaj
SHRI SHRI RUKMINI DWARKADHISH TEMPLE
Plot-4, Sector-13, Dwarka, New Delhi-110075
www.facebook.com/iskcon.dwarka | www.iskcondwarka.org | 8800223228
Founder-Acharya Sri Divina Grace A.C. Bhaktivedanta Swami Prabhupada

Gaura-Nitai deities followed by rajbhoga offering and phoolon ki holi. It was a very enlivening experience for thousands of devotees who participated.

Upcoming events:

1. Gaura Purnima (2nd March) (ISKCON Delhi-NCR Temples)



The Appearance day of Lord Chaitanya will be celebrated all around the world on 2nd March. The Srimad Bhagavatam declares that the Supreme Personality of

Godhead, Krishna appears as Chaitanya Mahaprabhu in the dark age of Kali-yuga. It is mentioned that the age of Kali is full of faults, yet the only quality it possesses is the easy and simple way that can be used to attain bhakti. This way is described as the yuga dharma of chanting the holy names of the Lord. This yuga dharma is established by the Lord himself in his incarnation as the golden avatar of Shri Chaitanya Mahaprabhu. The Lord appeared with this purpose in Nadiya on the full moon of the month of Phalgun. Born to Saci Devi and Jagannatha Misra, he performed his lila, distributing love of Godhead freely and indiscriminately to all. Gaura Purnima will be celebrated with a cultural programme depicting various pastimes of the Lord through dance and drama. Gaura-katha will be organised in the main auditorium of ISKCON, East of Kailash. Devotees will take part in abhishek, kirtan and transcendental discourses by exalted Vaishnavas.

Gaura Purnima

APPEARANCE OF LORD SRI CHAITANYA MAHAPRABHU

Friday 2nd March 2018

[Abhisheka: 5:00 PM] [Bhoga Offering: 6:30 PM]
[Sandhya Aarti: 7:00 PM]

*Fasting till moonrise • Ekadasi Prasadam to be taken

2. Discover Your Permanent Happiness (3rd-25th Mar) (ISKCON Dwarka)

A faith booster 7-day session for the newcomers is scheduled to be conducted by H.G Amal Krishna Prabhu. Amal Krishna Prabhu is a Professor in JNU and has been twice awarded with Young Scientist award by the Government of India.

DISCOVER YOUR PERMANENT HAPPINESS

Enjoy your Birth Right...to be Always Happy

Registration: **FREE**

- Search for Happiness
- Does God Exist?
- One God or Many Gods?
- Who am I?
- Why Bad things happen to Good people?
- Yoga for the Modern Age
- Certificate Ceremony & Realizations

7 DAYS SEMINAR

Date: March 3-4, 10-11, 17-18, 25 (Sat & Sun) Time: 4 PM - 6 PM
Venue: Prasadam Hall, ISKCON Dwarka, Sec.-13, Dwarka-110078

Every session will be followed by delicious dinner prasadam. 7th day would be the certification ceremony held with temple president.

Speaker: **Dr. Abhinav Grover**
Asst. Professor, JNU, PhD, M.Tech, B.Tech, IIT Delhi
(Young Scientist Awardee, Young Vignani Rishi Awardee)

For registration contact:
9873245845
8800223228
7065081709

3. Rukmini's kitchen recipes cooking classes (11th-12th Mar) (ISKCON Dwarka)

Rukmini's Kitchen Recipes

Learn pure satvik cooking in just two days...
Limited seats available
Time - 3 pm - 5 pm
Venue: ISKCON Temple, Dwarka, Sector 13
Charges: Rs. 400/- for two days

For the pleasure of Sri Sri Rukmini Dwarakadhish

Day 1: (March 11, Sunday): Kesar Rasbhari, Rasmalai, Gulab Jamun, Jalebi.
Day 2: (March 12, Sunday): Coconut laddoo, Vrindawan Pedu, Katakand, Bakushahi.

Note: Printed notes will be given to all the participants. All cooking material will be arranged by the temple. Food will be given to all the participants for tasting.

Payment options:
Paytm: 9910112730
Cash: To be submitted in the Temple in Preaching Office

Contact:
Rupmayi Sita Devi Dasi
9910112730

These classes will be conducted to teach various sattvic recipes for bhoga offering to the Lordships. Printed recipes and notes will be provided.

4. Rama Navami (25th March) (ISKCON Delhi-NCR Temples)

The Lord incarnated as Lord Rama of Ayodhya in the Treta Yuga, to establish codes of conduct or maryada. His pastimes offer invaluable lessons to humanity. The appearance of Lord Rama will be celebrated with Rama-katha and a cultural programme. Devotees will dive in the bliss of the lilas of the Maryada Purushottama in Rama-katha which will be organised in the auditorium. The Rama Navami celebrations will be preceded by a cultural programme, including dance and drama based on the life of Lord Rama. These will be accompanied with spiritual discourses, throwing light on the teachings of Lord Rama. There will be abhishek, kirtan and ekadashi feast. This day is especially auspicious for Sri Radha Parthasarathi temple as it was on this day that it was inaugurated. Abhishek will be conducted in all the three altars of the temple. Devotees will benefit from the resplendent darshans of Their Lordships.



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

Srinivas Puri-Sanatan Dharam Durga Mandir
1st Floor, J J Colony near to Gurudwara
Srinivas 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
(Kirtan & Bhagwat Katha)
Every Morning: 5 AM to 7 AM (Mantra Meditation)
Every Evening: 7 PM to 9 PM (Aarti)

ISKCON, PUNJABI BAGH

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

Paschim Vihar- 344, Pragati Apartments, club road Punjabi
bagh, Centre Co-ordinator- Jahanvi Mataji 9250637080,
Parulprabhuj- 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

ISKCON, GURUGRAM

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Melodious Kirtan, Discourse on wisdom of
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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 Shraavan Prabhu @ 9999020059

Vaishnava Calendar

March - 2018

Mar 2 - Gaura Purnima (Fasting till moonrise and Ekadasi prasada after that)

Mar 13 - Papamocani Ekadasi (Fasting from grains and beans)

Break fast time next day between 06.33-10.31 am

Mar 25 - Rama Navami (Fasting till Sunset, only Ekadasi prasada after that)

Mar 27 - Kamada Ekadasi (Fasting from grains and beans)

Break fast time next day between 07.07-10.23 am

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

ISKCON, East of Kailash - Hare Krishna Hill, East of Kailash, New Delhi-110065 |

Web: www.iskcondelhi.com | Live Darshan: live.iskcondelhi.com

Facebook: www.facebook.com/iskcondelhi

Contact: 011-41625804, 26235133

ISKCON, Punjabi Bagh - 41/77, Srila Prabhupada marg,

West Punjabi Bagh, Delhi-26

Contact Person: HG Premanjana Prabhu (8802212763)

ISKCON, Dwarka - Plot No.-4, Sector-13, Dwarka, New Delhi-110075

Web: iskcondwarka.org, Facebook: www.facebook.com/iskcon.dwarka/

Contact: 9891240059, 8800223226

ISKCON, Gurugram - Sudarshan Dham, Main Sohna Road,

Badshahpur, Gurugram

Contact Person: HG Rameshwar Giridhari Prabhu (9899651230) /

Ritesh Rampal Prabhu (9654230342)

ISKCON, Faridabad - Sri Sri Radha Govind Mandir, Gita Bhawan, C-Block,

Ashoka Enclave-II, Sector-37, Faridabad, Phone : 0129-4145231

Email : gopisvardas@gmail.com