



How to Make Your Stay Spiritually Uplifting Checklist

"Every step taken in Mayapur brings eternal spiritual benefit."

- ✿ Attend Mangala Arati at 4:30 AM
- ✿ Chanting of Hare Krishna Maha-Mantra in temple hall with the devotees
- ✿ Hear Srimad-Bhagavatam or Bhagavad-gita class
- ✿ Offer heartfelt prayers to Sri Sri Radha-Madhava and Lord Nrsimhadeva
- ✿ Visit Srila Prabhupada's Pushpa Samadhi
- ✿ Visit Srila Prabhupada's Quarters in the Lotus building (10 am to 1 pm and 4 pm to 8 pm)
- ✿ Visit Srila Prabhupada Bhajan Kutir 24hrs akanhda harinam kirtan
- ✿ Serve the Dham with a small act of donation for various projects and charitable activities.
- ✿ Take prasadam with gratitude and devotion
- ✿ Meditate or quietly reflect by the Ganga
- ✿ Join a kirtan to uplift your spirit in our temple campus!

ISKCON MAYAPUR Daily Temple Programme

✿ 4:30 AM - 5:00 AM	Mangal Arati
✿ 5:00 AM - 5:15 AM	Tulsi Arati
✿ 5:15 AM - 7:00 AM	Japa (Meditation)
✿ 7:15 AM - 7:30 AM	Darshan Arati
✿ 7:30 AM - 7:45 AM	Guru puja
✿ 8:00 AM - 9:00 AM	Srimad Bhagavatam Class
✿ 12:00 PM - 1:00 AM	Mandir Close
✿ 4:00 PM	Dhupa Arati
✿ 6:00 PM - 7:00 PM	(Winters): Sandhaya Arati
✿ 6:30 PM - 7:30 PM	(Summers): Sandhaya Arati
✿ 7:30 PM - 8:30 PM	Bhagavat Gita Classes
✿ 8:30 PM	8:30 p.m.: Shyan Arati



- ✿ Pilgrims are requested to take care of their own valuables. Management is not responsible for any loss of valuables from the room.
- ✿ Do not let any strangers into your room.
- ✿ While taking bath or resting in the room, make sure your doors are locked.
- ✿ Before leaving the room, check twice to make sure your room is locked properly.
- ✿ Smoking, drinking alcohol, chewing tobacco, gambling, prostitution, contraband goods, drugs etc., are strictly prohibited in the Guest House.
- ✿ Non-Vegetarian and/or pungent food is not allowed in the premises.
- ✿ It is forbidden to bring into the guest house flammable materials, explosives or firearms. Bringing or storing any products/items of combustible or hazardous nature and/or prohibited goods and/or goods of objectionable nature is strictly prohibited.
- ✿ Pilgrims are requested to observe, abide by confirming to and be bound by all applicable acts and laws and Government rules and regulations in force from time to time.
- ✿ Please keep in touch with the receptionist of the Guest house, if you have any problem or require any help, you can also call on Mob: 9000000001