



## Report of "GITA FOR YOUTH"



Institutional Membership No. : IM-1746

ISTE Student Chapter: GJ-051

ISTE Faculty Chapter: GU-076

Name of Institute: SAL Institute of Technology & Engineering Research, Ahmedabad

Date: 07/03/2025

The "**Gita for Youth**" event, organized over a span of six days under the ISTE Chapter at SAL Education Campus, aimed to introduce students to the timeless wisdom of the Bhagavad Gita and its practical relevance in modern life. Each day focused on a specific theme, including Karma Yoga (selfless action), Jnana Yoga (knowledge and self-awareness), and Bhakti Yoga (devotion), while also addressing critical youth concerns such as emotional well-being, stress management, and value-based leadership. Through a blend of lectures, interactive sessions, reflections, and group activities, the event encouraged participants to explore inner growth, ethical decision-making, and clarity of purpose. The program concluded with enthusiastic feedback and a renewed appreciation for Indian philosophy among the youth.

### **Objective:**

To introduce and inspire youth through the timeless teachings of the **Bhagavad Gita**, fostering inner growth, leadership values, and mental clarity.

**Duration:** [17/02/2025, 21/02/2025, 24/02/2025, 28/02/2025, 03/03/2025, 07/03/2025]

**Venue:** SAL Education Campus Auditorium

### **Day-wise Summary:**

#### **Day 1 – 17/02/2025 - Inauguration & Introduction to Gita**

- Formal inauguration with chief guests and faculty.
- Introduction to the purpose and importance of the Bhagavad Gita for modern youth.

- Keynote talk on "Relevance of Gita in the 21st Century."

### **Day 2 – 21/02/2025 - Karma Yoga: The Path of Action**

- Discussion on selfless action and responsibilities.
- Real-life applications for students and professionals.
- Interactive Q&A session.

### **Day 3 – 24/02/2025 - Jnana Yoga: The Path of Knowledge**

- Insights on wisdom, discernment, and self-awareness.
- Group discussion on decision-making and clarity of thought.

### **Day 4 – 28/02/2025 - Bhakti Yoga: The Path of Devotion**

- Understanding devotion beyond rituals.
- Activities included storytelling and reflection journaling.

### **Day 5 – 03/03/2025 - Handling Stress & Emotions through Gita**

- Techniques from Gita for emotional resilience.
- Meditation session and case studies from student life.

### **Day 6 – 07/03/2025 - Conclusion, Feedback & Certificate Distribution**

- Summary and reflections from participants.
- Sharing experiences and personal takeaways.
- Certificate distribution and closing ceremony.

### **Participation & Outcome:**

- **Participants:** 305+ students from various disciplines.
- **Outcome:** Enhanced understanding of Gita's values, improved self-awareness, and appreciation for Indian philosophy.

## **Photos of the Programme:**



**Coordinator  
Prof. Sachi Bhavsar**

**Dr. Ajay Upadhyaya  
Chairman, ISTE-Chapter SAL Education**