



## Report on La Fête Gita – *Celebrating the Song of God*

La Fête Gita – *Celebrating the Song of God* was a large-scale youth cultural and spiritual festival organised by ISKCON Bangalore in association with FOLK (Friends of the Lord Krishna) for the students of New Horizon College of Engineering. The event was held on 12th December 2025 at the Tejas Seminar Hall. The programme was centred on celebrating the timeless wisdom of the Bhagavad Gita, offering an engaging platform for college students and young professionals to connect with ancient Vedic knowledge while exploring their creative, intellectual, and spiritual talents.

The festival aimed to promote holistic development and cultural harmony by integrating traditional spiritual teachings with contemporary forms of expression. Through a diverse range of activities—including cultural performances, intellectual competitions, and interactive sessions—La Fête Gita encouraged students to cultivate character, self-discipline, creativity, and inner awareness.

### Objectives of the Event

- To introduce students to the practical wisdom of the Bhagavad Gita.
- To promote holistic development through spiritual, cultural, and intellectual engagement.
- To provide a platform for students to showcase their talents in creative and knowledge-based competitions.
- To encourage character building, self-mastery, and mental well-being among youth.

### Event Highlights

#### 1. Workshops and Discussions on Meditation

A key attraction of the event was a series of interactive workshops focusing on meditation and mental discipline. These sessions included:

- **How to Control the Mind:** Insights were shared on managing thoughts and developing mental discipline in day-to-day life.
- **How to Meditate:** Participants were introduced to basic and effective meditation techniques aimed at enhancing focus and inner peace.
- **Use of Meditation:** Students learned how meditation can be applied practically to manage stress, improve concentration, and maintain emotional balance.

These sessions were closely aligned with the Bhagavad Gita's teachings on self-control, mindfulness, and inner harmony.

## 2. Competitions

Several engaging and thought-provoking competitions were conducted, enabling students to express their creativity and deepen their understanding of the Bhagavad Gita:

- **Puzzle Corner (Bhagavad Gita-based puzzles):** Participants solved puzzles based on the teachings of the Gita, testing their analytical and problem-solving abilities.
- **Pick & Speak (2-minute speech):** This activity enhanced participants' public speaking and impromptu speaking skills by encouraging them to speak confidently on given topics.
- **Open Book Test (Chapter 04 – Transcendental Knowledge):** The competition focused on Chapter 4 of the Bhagavad Gita, motivating students to study and understand its philosophical concepts.
- **Gita Recital:** Participants recited any ten shlokas from the Bhagavad Gita along with their meanings from memory, demonstrating dedication, memorisation skills, and spiritual understanding.

## 3. Prizes and Recognition

Winners of the various competitions were felicitated with attractive prizes in recognition of their outstanding performances. The prize distribution ceremony served as a source of encouragement and motivation for students to continue exploring their spiritual and creative potential.

## 4. Explanation of Bhagavad Gita Shlokas

Selected shlokas from the Bhagavad Gita were explained in detail by knowledgeable speakers. These explanations helped participants relate ancient philosophical concepts to modern-day life, offering insights into duty, selflessness, righteousness, and the eternal nature of the soul.

## 5. Chanting of the Hare Krishna Mantra

A spiritually uplifting session was conducted in which participants collectively chanted the Hare Krishna Mahamantra 162 times. This activity fostered a sense of unity, devotion, and inner calm, allowing students to experience the meditative and transformative power of mantra chanting.

## 6. Clearing of Queries

An interactive question-and-answer session was organised to address students' doubts regarding the Bhagavad Gita and its teachings. The speakers patiently clarified queries, enabling participants to gain a clearer and deeper understanding of spiritual concepts.

## 7. Prasada Distribution

The event concluded with the distribution of prasada to all attendees. This sacred offering symbolised devotion, gratitude, and community bonding, leaving participants with a sense of spiritual fulfilment.

La Fête Gita – *Celebrating the Song of God* was a resounding success, effectively blending cultural, intellectual, and spiritual dimensions. The event provided a holistic learning experience by engaging students through competitions, discussions, meditation sessions, and devotional practices. It successfully fostered a deeper connection with the timeless teachings of the Bhagavad Gita while promoting creativity, character development, self-discipline, and spiritual growth.

Overall, the programme strengthened cultural awareness and encouraged students to integrate spiritual wisdom into their academic and personal lives, making La Fête Gita a memorable and meaningful event for all participants.

