



Department of Electrical and Electronics Engineering

Department of Applied Sciences

Organised by

Holistic Social Outreach Event (Gita Jayanti Observance)

Inner Engineering Through Gita Insights: A Path to Clarity and Strength

25 November 2025

02:00 PM - 04:00 PM

Session 1 - 2:00 to 3:00 PM
Room Nos: C-406, C-409, C-414, C-423
Session 2 - 3:00 to 4:00 PM
Room Nos: C-313, C-322, C-419, C-424

1st Year Students

Team: Swadhyay Pariwar - Youth Wing

Mr. Upendra Joshi **Mr. Viraj Thakkar**

Prof. Kavitha C H

Senior Assistant Professor

Dr. S. Sujitha

HoD - EEE

Dr. Anusuya Devi V.S

HoD - Applied Sciences

Dr. Revathi V

Dean - R&D

Dr. R J Anandhi

Dean - Academics

Dr. Manjunatha

Principal



DEPARTMENT OF EEE & Applied Science

Report on Holistic Social Outreach Event

Gita Jayanti Observance – “Inner Engineering Through Gita Insights: A Path to Clarity and Strength”

Date: 25th November 2025

Time: 2:00 PM – 4:00 PM

Venue: New Horizon College of Engineering

Organised By: *Swadhyay Parivar – Youth Wing*

Target Audience: First-Year Students

Introduction

As part of the Gita Jayanti Observance, the Holistic Social Outreach Event titled “**Inner Engineering Through Gita Insights: A Path to Clarity and Strength**” was organized to instill value-based thinking and emotional well-being among first-year students. The objective of this initiative was to familiarize students with the practical relevance of the Bhagavad Gita in cultivating inner stability, focus, and resilience, which are essential for academic and personal excellence.

Event Description

The program commenced with a brief overview of the significance of Gita Jayanti and the importance of spiritual awareness in shaping one’s character. Members of **Swadhyay Parivar – Youth Wing** facilitated the session, offering thought-provoking insights from selected verses of the Bhagavad Gita. The speakers emphasized concepts such as self-discipline, clarity of purpose, emotional control, and the art of performing one’s duties without anxiety. The session was

designed to be student-centered, integrating real-life examples, engaging storytelling, and reflective discussions that made the teachings relatable to modern-day academic challenges. Students were encouraged to think critically about their goals, values, and personal growth.

Highlights of the Session

Inspirational Talk: Introduction to key Gita principles that support emotional balance and mental clarity

Interactive Engagement: Students shared their thoughts and discussed practical challenges, promoting open dialogue.

Self-Reflection Activity: A guided introspection exercise helped participants experience moments of calmness and inner focus.

Question & Answer Segment: Students received meaningful guidance on applying Gita concepts to everyday situations such as stress, peer pressure, and decision-making.

Outcomes and Impact

The outreach program had a positive impact on the participants. Many students expressed that the session helped them gain new perspectives on handling stress and maintaining composure in difficult situations. The teachings encouraged them to cultivate discipline, strengthen emotional resilience, and adopt a more mindful approach toward academics and personal responsibilities. Overall, the event contributed toward building a more grounded and value-oriented student community.

Conclusion

The Holistic Social Outreach Event conducted in observance of Gita Jayanti was successful in fostering an environment of introspection, learning, and personal development. By presenting ancient wisdom in a contemporary manner, the session empowered first-year students to embark on a journey toward clarity, strength, and purposeful living. The initiative reflects the ongoing efforts of **Swadhyay Parivar – Youth Wing** to promote holistic growth among youth through meaningful educational interactions.



Quillmille
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