



GoSunday – 18th Jan 2025, Bangalore | GoPals – GoSunday 12 Event Report

GoSunday – Seva for the Soul Experience the Joy of community Goseva

Overview:

GoSunday initiative was launched with the vision of creating a bi-weekly platform for citizens to engage in meaningful Goseva. Rooted in the theme “Seva for the Soul,” the initiative aims to bring together community members to experience the joy, purity, inner peace that blossom through serving Gomata.

The Twelfth edition of **GoSunday** continued the spirit of collective seva and community connection. Hosted at the beautiful **Sri Vrindavan Goshala** situated at **Gopalnagar, Koluru Village, Near Kumbalgodu State Forest, Bengaluru**. The event brought together volunteers to experience the joy of serving nearly **180+ cows** with breeds including **Gir, Malnad Gidda, Hallikar, Punganur** and others.

Participation

Around **20+ volunteers** joined the event with great enthusiasm. They gathered early in the morning, ready to serve the Goshala and embrace the soulful experience of Goseva. Children and adults alike had enthusiastically assembled for this sacred opportunity .



Orientation Sessions:

Sessions were started with energetic yoga sessions by Shambu ji. **Suresh ji, Swathi Ji, Jhanavi ja and many** GoPals Volunteers conducted an orientation about the GoSunday initiative in collaboration with **YouthForSeva** and the ongoing activities of **GoPals**.

Suresh ji explained on various characteristics of desi cows and their difference with foreign counterparts. The importance of local breeds, facts of health, mental, psychological benefits in our ancestors by having cows at homes was also pondered over. Various ways to make rural farmers self efficient with ways other than cow milk was showcased inline with gopals own products. Kiran ji, who looked after goshala also joined the conversation and gave an eagle view over his experience spanning over 15 years. Also everyone present were treated with delicious breakfast.

In a fast growing world, we at GoPals joyfully engaging to keep our roots alive. Supporting Goshalas by Goseva, organizing Walk2Heal to bring awareness on local cow breeds to the society, introducing products made out of cow dung such as Ganesh idols, tooth powder, vibhuthi and many others which are completely chemical free.



Goshala Seva Activities

Volunteers actively participated in **cleaning the Goshala, loading cow dung into a cart, sweeping the premises, feeding and watering cows** working together with devotion and joy. Some also learned and tried the art of making cow dung cakes and various other gomaya products. People from all walks of life, including professors had expressed immense pleasure at such activities. After cleaning cow dung balls and cakes were made by volunteers. Kiran ji explained that dung was mixed with ayurvedic plants and were used for medicinal applications. The act of service created a deep connection between the volunteers and the Goshala environment.



Go Geetha was sung melodiously by the volunteers.

Group Photo & Experience Sharing

The event concluded with a cheerful **group photo**, capturing the spirit of unity, seva, and joy that defined GoSunday 12.



Highlights: -

- Kiran ji and entire team of Sri Vrindavan goshala was a source of inspiration for everyone involved. Their selfless work along with knowledge sharing session gave a fresh perspective to goseva volunteers.
- Most of the cows in the goshala were the ones rescued from slaughterhouses. Most them were barren hence goshala was working into ventures for business with cow dung and cow urine . These ideas won admiration of everyone gathered.
- Volunteers also involved in making cow dung balls were and cakes. These had medicinal herbs mixed in them and had great medicinal properties.
- We expressed our appreciation to the volunteers who have been consistently attending GoSunday sessions and contributing their time and efforts regularly.
- A knowledge-sharing session was conducted where Shekar Suman spoke about Go Chetana products. He provided valuable insights and encouraged volunteers to actively promote these products within the community.

Conclusion

GoSunday 12 was a meaningful continuation of the *Seva for the Soul* journey.

With enthusiastic volunteers, insightful sessions, and the blessings of Gomata, the event strengthened the bond between community and Goshala service. Gopals team extends our best wishes and heartfelt gratitude to Sri Vrindavan Goshala and all the volunteers who were involved here.

The movement continues—towards more seva, more compassion, and more community-driven awareness

Outcome:

Community Bonding Under the Tree

A wonderful environment was built with volunteers from all age groups ranging from college students, entrepreneurs, corporate professionals, and many more. It was surprising to see involvement and commitment from volunteers who brought a new level of energy. Event was nicely planned, seva was done in groups and goal was achieved by keeping Goshala clean, creating a few memories.