



## **GoSunday – 25<sup>th</sup> Jan 2025, Bangalore | GoPals – GoSunday 13 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 Thirteenth edition of **GoSunday** continued the spirit of collective seva and community connection. Hosted at the sacred **Iskcon Temple Goshala** situated at **1st Block, Kacharakanahalli, 80 Feet Rd, 1st Stage, HBR Layout, Bengaluru**. Situated amidst beautiful temples, this beautiful goshala took care of cows, bulls and calves with ample food and space to their liking. The event brought together volunteers to experience the joy of serving nearly **20+ cows** with breeds including **Gir,Sahiwal,Hallikar, Punganur,Malnad Gidda,Kangeyam** and others.

### **Participation**

Around **30+ volunteers** joined the event with great enthusiasm. Comprising mostly of new volunteers, everyone had gathered early in the morning eager to involve in goseva and its corresponding events.



### Orientation Sessions:

Orientation session was started by mataji from iskcon management. She briefly explained various spiritual importance of cows in tamil which was meticulously translated by **Suresh ji**. She explained that Krishna also known by names as "Govinda" and "Gopala" was very dear to cows and vice-versa. Seva to cows amounts to seva to **Sri Krishna** himself. In Vedic lore cows were integral part of life. Cows have 33 crores gods in them hence every product from the cows

is sacred and useful. Panchagavya made up of five cow products milk, curd, ghee, urine and dung is an integral part of every part vedic sacrifices. Expressing her happiness that though these things were explained to many, only few had heard them and got involved in goseva. Among them GoPals team had dedicatedly served the cows and she was extremely satisfied with it. Everyone present were handed with a memento of **Sri Krishna** performing **Damodar Lila** and in addition with abundant blessings of gomata.

**Suresh ji** gracefully asked one of the volunteer Aryan to take over orientation session about GoSunday initiative in collaboration with **YouthForSeva** and the ongoing activities of **GoPals**. Eleven years of GoPals journey was reflected upon in the session. GoPals which means “Friends of Native Indian Cow Breeds” is a collective driven by passionate IT professionals to bridge urban -rural divide and revive India’s heritage of cow-centric living. Objective of GoPals are in-line with HEAL principle i.e Health, Environment, Agriculture and Lifestyle which integrates desi cows into this comprehensive system for sustainable and harmonious future. Such initiatives by GoPals to involve new volunteers in its various aspects continues to inspire many youths into this program.

In this 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 first removed all the cow dung and the swept the goshala floor clean of grass, hay etc. Water was then splashed along floor with volunteers taking turns to scrub away the goshala floor of its moist impurities. Once this process was completed, remaining water was wiped off with wiper making the floor look clear. Some volunteers also got involved with bathing the cows and scrubbing them clean. These activities were done in such a manner so as to cause minimum disturbance to cows, calves and bulls assembled, needless to say for injured and old cows. Along with goshala, surrounding areas were also cleaned making entire place neat and tidy.





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 13.



### Highlights: -

- Iskcon goshala also known as Giridhar goshala is a beautiful goshala surrounded by temples. Here cows, bulls and calves are lovingly cared and maintained with all necessary facilities.
- Volunteers involved in goshala cleaning with able guidance of iskcon management. They were greatly impressed by our objective and work and handed each and every volunteer, a memento on **Damodar Lila of Sri Krishna**.
- New Volunteers expressed their deep satisfaction and gratitude to the organisers and were eager to join for upcoming events.

- GoPals expressed its appreciation to its regular volunteers with T-shirts for consistently attending GoSunday sessions and contributing with their time and efforts.
- A knowledge-sharing session was conducted by volunteers under able guidance of **Suresh ji** where valuable insights on desi cows were provided and volunteers were encouraged to actively involve in sustainable lifestyle within the community.

## **Conclusion**

GoSunday 13 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 Iskcon Goshala and all the volunteers involved in making this event a success.

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.