

GAME

GITA APPLICATION FOR MINDFULNESS AND PERSONAL EXCELLENCE

Courses & *programmes*

Practical sessions on clarity, focus and personal excellence, rooted in the Bhagavad Gita, for colleges, hostels, clubs and companies.

Ancient wisdom. *Modern clarity.*

GAME Club is a community of college students and working professionals who come together to explore and apply the timeless wisdom of the Bhagavad Gita in today's fast-paced world.



Structured courses

Short, well-designed courses that turn the Gita's ideas into tools for clear thinking, emotional balance and purposeful living.



Open discussions

Honest conversations where every question is welcome: about career, relationships, stress, faith and meaning.



Meditation

Guided mantra meditation to calm the mind, sharpen focus and build an inner anchor for busy days.



Drama: team RRR

Real Roots Revolutionaries, our drama team, brings timeless wisdom to the stage through theatre, music and storytelling.

WHAT EVERY PROGRAMME AIMS FOR

Inspiration

- Meditation for Peace and Joy
- Body-Mind-Soul wellness
- Human Psychology & Behaviour for Positive Attitude
- Healthy Habits & Hobbies

Culture

- Mind-calming Music and Playing Instruments
- Value-based Dramas and Group Discussion
- Meditation for Cleansing the Mind
- Prayer for Empowerment

Education

- Systematic courses on Practical Spirituality & Universal Human Values
- Public Speaking, Debate, GDs, Group Presentations
- Training in Principle-centred Leadership
- Personality Development & Character Build-up

Outcomes for participants

- Recognise a paradigm shift for a healthier lifestyle
- Use assertive speech and behaviour without resorting to extremes
- Live a life of love, trust and respect with fellow living beings, Nature and the Creator
- Adopt pure lifestyle habits
- Practise Mantra Meditation and gain freedom from depression, stress, addictions and bad habits
- Develop a broader perspective about life and live in alignment with Nature and God

Our *courses*



COURSE · 10 sessions · 1 hour each · 10 topics

Self Mastery

Ten sessions on personal growth, well-being and inner strength, from knowing yourself to thinking win-win.

1. Self-Awareness
2. Self-Care
3. Self-Management
4. Self-Discipline
5. Self-Respect
6. Self-Reliance
7. Inferiority Complex
8. Self-Righteousness
9. Abundance Mentality
10. Art of Thinking



COURSE · 4 hours · 5 topics

Gita in Nutshell

A short, thought-provoking course on the Bhagavad Gita's answers to life's biggest questions: happiness, identity, God and suffering.

1. The Happiness Equation
2. Does God Exist?
3. Are the Vedas Mythology?
4. Who Am I?
5. Why Do Bad Things Happen to Good People?



COURSE · 8 hours · 10 topics

Positive Thinker

Optimism with depth: wisdom from the Gita, inspiring lives and the laws of karma for a clear, purposeful outlook.

1. Scientific Facts Proving Reincarnation
2. How Is Reincarnation Relevant to My Life?
3. Spirit of the Bhagavad Gita
4. Lessons from the Three Lives of King Bharata
5. Evolving Towards Perfection
6. Test of a True Master
7. The Love of a Boy that Attracted the Lord
8. Test of a Sincere Disciple
9. Role of Karma in Deciding My Destiny
10. The Little Boy Who Spoke Lofty Philosophy



SEMINAR · 1.5 hours per seminar · 6 topics

Pathways to Personal Mastery

Stand-alone seminars for campuses and workplaces on time, habits, the mind, happiness and relationships.

1. Time Management: Work Smarter, Not Harder
2. The Art of Smart Work
3. The Power of Habits
4. Make Your Mind Your Best Friend
5. Higher Dimensional Happiness
6. Love and Trust that Never Rust



WORKSHOP · 30 minutes per session · 5 topics

Mantra Meditation

Experience sound-based meditation for a calmer, more focused mind, with simple practice you can continue every day.

1. Origins and Philosophy of Mantra Meditation
2. The Science of Sound and Vibration on Mind and Body
3. Techniques of Chanting
4. Developing Focus, Mindfulness and Emotional Resilience
5. Mantra Meditation for Stress Management and Spiritual Awareness

HOW IT WORKS

Bring GAME Club to *your institution*

1

Tell us about your group

Who will attend, how many people and when.

2

We suggest the right fit

A seminar, workshop or course, with dates planned around your calendar.

3

Our speakers come to you

Sessions are conducted at your campus or workplace.

4

Keep the momentum

Further sessions, meditation and the GAME Club community.

PROGRAMMES ALREADY CONDUCTED AT

Indian Institute of Management Ahmedabad

Indian Institute of Technology Gandhinagar

Dhirubhai Ambani University (formerly DA-IICT)

National Forensic Sciences University

Pandit Deendayal Energy University

Rashtriya Raksha University

Let's plan *together*

Write to us with your group size and preferred dates. We usually reply within two days.

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