

The procedure began from forms.

'If you read Gita or explore life of Lord Krishna, you will know he was most relatable God ever'



Author Sunita Pant Bansal interacting with the audience with Dr Shakti Sharma who asked the questions. (Pic by Anil Futane)

■ Orange City Literature Festival 2025: Day 2 filled with powerful ideas and meaningful conversations

■ Staff Reporter

"IF YOU read the Bhagavad Gita or explore the life of Lord Krishna, you will find that Krishna was the most relatable God ever," said author, mythologist and storyteller Sunita Pant Bansal, setting an engaging tone for her interactive session "Gita for Young Minds:

Big Wisdom for Little Hearts" on Day 2 of the Orange City Literature Festival 2025. She was in conversation with academician and holistic clinical nutritionist Dr Shakti Sharma.

In a packed Ashoka Hall brimming with young listeners, Bansal spoke about introspection as a guiding force. "There is Krishna in you and Arjun in you too," she noted, explaining how self-reflection can help overcome emotional turmoil just as Krishna mentored Arjun on the battlefield of Kurukshetra.

The session grew more compelling when a young attendee expressed dis-

tress over being scolded by his grandfather for questioning the sacred thread he wore. He asked why elders often respond with anger when children raise queries about religion. Bansal answered with characteristic candour: anger usually stems from not knowing the answer, she said, urging children to stay curious. Speaking to parents, she added, "Always make an effort to answer your child's questions, if not immediately, then after taking a day to find out. Feeding your child's curiosity is the first step to building confidence."

"Even Arjun required 700 *shlokas* to be convinced to do his duties in the Kurukshetra, I feel today's generation also have a lot of curiosity and need facts to be convinced, and that is the most admirable trait of this generation" expressed Bansal while interacting with the young minds in the audience. Her message of hunger for facts resonated very well with the crowd and the session was described as a very informational by the young minds who attended.

Beyond this session, Day 2 of the festival featured discussions on Indian history, mythology, mental health, parenting, national identity and personal resilience. The audience remained enthusiastic throughout, responding warmly to the diversity of ideas and stories shared.