

A REPORT ON HEALTH AND HAPPINESS INDUCTION PROGRAMME

SAROJINI NAIDU VANITA PHARMACY MAHAVIDYALAYA

DATE: 07/10/2023 & TIME: 2PM

Venue: SNVPMV AUDITORIUM

As a part of induction programme for first years, Health & Happiness programme was conducted on **07/10/2023** organized at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, Tarnaka, Hyderabad.

The Happiness Program and its central breathing technique, Sudarshan Kriya, which effectively reduces stress and seems to take people effortlessly into a state of deep meditation. **Happiness Program** gives you expert training in a series of yogic breathing techniques which can reduce your stress, relieve anxiety & depression, and you can Calmly, confidently, and armed with the tools you need to deal with whatever life throws at you.

The Speakers for the event were from “Art of living” center Mrs.Shilpa Dhaduvai, Vijaya, Vishnu and Aravind.

For this Health & Happiness programme, the number of participants attended were about 150.

The programme started at 2:00 pm. Dr. B. Shiva jyothi, Associate Professor, Department of Quality Assurance invited all the dignitaries onto the dias.

Dr. T.Saritha Jyoshna, Principal, SNVPMV, addressed the gathering by expressing views on importance on Health & Happiness programme by motivating students to why and how health & happiness programme helps in learning yogic breathing techniques which can reduce your stress, relieve anxiety & depression which is essential in day-to-day life and later and cordially welcomed the speakers of the session with eco greetings, Mrs.Shilpa Dhaduvai, Vijaya, Vishnu, and Aravind.

An experienced instructor Mrs.Shilpa Dhaduvai provided a brief overview of Health & Happiness programme, yogic breathing techniques like sudarshana kriya, and the various branches and practices involved. The instructor highlighted the physical, mental, and emotional benefits of breathing techniques, emphasizing its role in promoting overall well-being. It benefits on mental health and makes balance on mind.

The session included the importance of Health & happiness as part of Art of living programme spoke about importance of physical, mental, and emotional benefits.

Vice Principal Dr. T. Mamatha conveyed vote of thanks, by thanking the guest speakers for providing valuable inputs in to practicing yogic breathing techniques and its importance and making the event a grand success.


The Health & Happiness programme as part of induction for first years at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya successfully promoted the benefits of Meditation, yogic breathing techniques in fostering health and happiness among students and faculty. The Health and

Happiness Introductory Session served as a platform for introducing participants to practice Meditation & yogic breathing techniques, providing them with the necessary knowledge.








 **GPS Map Camera**

Secunderabad, Telangana, India

,Vijayapuri colony,Tarnaka, Opp. to St. Anns High School, 12-5-31/32, S Lala
Guda Rd, Vijayapuri Colony, Tarnaka, Secunderabad, Telangana 500017, India
Lat 17.430163°
Long 78.532284°
07/10/23 03:07 PM GMT +05:30





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