

REPORT ON
INDUCTION PROGRAMME - 2023

Topic of the lecture : "Happiness - The Essence of Life"

Date & Time of lecture : 07/10/2023, & 10:30 AM

Hosted by : Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, Tarnaka, Hyderabad.

Summary

Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, College for Women, (Sponsored by The Exhibition Society) organized a guest lecture on the topic “**Happiness - The Essence of Life**” on 07/10/2023, at 10.30 am. The Guest Speaker for this lecture was Mrs. Sirisha Vankayalapati, Sr. Talent Acquisition Specialist and HR Business Partner Sonata Software, Hyderabad.

For this lecture, students of B. Pharmacy and Pharm. D I Years and Teaching Faculty have been participated. The welcome address was given by Dr.M. Swetha, Principal Dr.T. Saritha Jyostna inviting our guest speaker Mrs.Sirisha Vankayalapati, Vice Principal Dr.T. Mamatha, introduced the guest speaker to the participants which was followed by the session.

During the session Mrs.Sirisha Vankayalapati discussed about Happiness the essence of life, focusing on happiness as a fundamental aspect. Understanding happiness, its components, and its significance in human life is essential for promoting well-being, societal progress, and individual fulfillment and discusses various factors contributing to happiness and strategies to enhance it.

Happiness is a complex and multifaceted emotion that plays a pivotal role in human life. It goes beyond a fleeting feeling and encompasses a sense of well-being, contentment, and overall satisfaction. This report aims to elucidate the essence of life through the lens of happiness, exploring its importance, components, and the broader impact on individuals and society.

The Significance of Happiness:

Health and Well-being

Productivity and Success

Social Cohesion and Harmony

Economic Growth and Progress

Strategies to Enhance Happiness:

Practicing Gratitude, Mindfulness and Meditation, Engagement in Meaningful Activities, Maintaining Healthy Relationships, Physical Exercise and a Healthy Lifestyle.

We, the faculty and students are very thankful to the Dr. B. Prabha Shankar Sir, Chairman of SNVPMV for arranging an excellent guest lecture. It was a motivative, informative and an interactive session where students acquired knowledge on happiness essence in life.

Conclusively the session was understanding happiness as the essence of life is pivotal for individuals and societies alike. By recognizing and cultivating the components of happiness and embracing strategies to enhance it, we can lead more fulfilling, healthier, and productive lives. Promoting happiness is not only a personal endeavor but a societal responsibility, and integrating it into various facets of life can lead to a more harmonious and prosperous world.

Finally, the vote of thanks was given by Vice principal, Dr.T. Mamatha who thanked the guest speaker and all the participants for making this event successful.





