

REPORT

Guest Lecture on "Unlocking Happiness"

Organized by: Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (SNVPMV), Tarnaka, Secunderabad,

Date: November 16, 2024

Time: 3:00 PM

Location: Auditorium, Sarojini Naidu Vanita Pharmacy Maha Vidyalaya

Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (SNVPMV) hosted a guest lecture titled "Unlocking Happiness," designed to provide insights into personal happiness and well-being. The event was coordinated by Mrs. R. Prasanthi and Mrs. A. Shailaja, and anchored by Sana Fathima and Yachi Sheth, second-year B.Pharm students.

Dignitaries were welcomed to the dais with eco-friendly floral greetings, including: Smt. Depala Sandhya Honorary Treasurer, SNVPMV, Sri Chandrajeet Singh Honorary Joint Secretary, SNVPMV, Dr. N. Srinivas Director, SNVPMV, Dr. T. Mamatha Principal, SNVPMV. Dr. K. Sirisha Vice-Principal, SNVPMV. Mr. Depala Rahul Kumar Director, Vidyodaya School

The program opened with a prayer song, "Vandemataram," performed by N. Ananya and V. Akhila from the third-year B.Pharm. Dr. N. Srinivas gave the welcome address, followed by messages from other dignitaries, each emphasizing the institution's commitment to personal growth and holistic education.

Introduced by Ms. Sana Fathima, Mr. Deepala Rahul Kumar, Director of Vidyodaya School, captivated attendees with an interactive and thought-provoking session on happiness. His talk began with engaging ice-breaker questions and thought experiments that prompted the audience to think deeply and redefine their perceptions of success and happiness.

Key highlights from his lecture included

1. Expectations and Motivations – Mr. Rahul Kumar asked the audience to reflect on their reasons for attending college, emphasizing values like earning respect, building friendships, and taking care of family.
2. Goal of Happiness – He explained that true happiness stems from self-discovery, nurturing unique talents, and maintaining meaningful connections.
3. Lessons from Success and Failure– Referencing Steve Jobs and Albert Einstein, Mr. Rahul Kumar encouraged attendees to "educate to be happy, not rich" and to recognize failures as essential steps toward growth and gratitude. He emphasized acceptance and learning from failures as critical to happiness.
4. Mr. Rahul Kumar shared a four-part formula:
 - Invest in Inner Talents – Find unique skills and develop them.
 - Contribution to Others – Happiness is enhanced by contributing to the well-being of others.
 - Accept and Learn from Failures – Failures are not setbacks but learning opportunities.

- Build Strong Friendships and Seek Mentors – Quality relationships are crucial for long-term happiness.

He concluded with a reminder that increasing happiness is a gradual process, requiring patience and consistent effort. Following his insightful lecture, Mr. Rahul Kumar was felicitated by the dignitaries. Dr. K. Sirisha, Vice-Principal, expressed gratitude in the vote of thanks, acknowledging everyone who contributed to the event’s success. The program concluded with the National Anthem.

The lecture was a profound exploration of happiness, offering actionable insights into achieving a fulfilling life through self-awareness, resilience, and positive relationships. The event left a lasting impact on attendees, encouraging them to pursue happiness with renewed understanding and purpose.

SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA
Sponsored by the Exhibition Society
Affiliated to Omania University
Approved by PCI-NEW DELHI & B.PHARMACY COURSE
ACCREDITED BY NBA

IQAC CELL
Organising

GUEST LECTURE ON
UNLOCKING HAPPINESS
On Saturday, 16th November 2024 at 3.00 PM
VENUE: SNVPMV AUDITORIUM

GUEST SPEAKER
Mr. DEPALA RAHUL KUMAR
Director, Vidyardaya School

Presided by
Dr. B. PRABHA SHANKAR
Chairman, SNVPMV
President, IPA TS Branch

Coordinators
Mrs. R.PRASANTHI
Assistant Professor, SNVPMV
Mrs. A.SHAILAJA
Assistant Professor, SNVPMV

Dr. K. Sirisha
Vice-Principal

Dr. T. Mamatha
Principal

Dr. N. Srinivas
Director

Sri B. Hanumanth Rao
Hon. Secretary



