

**REPORT ON**  
**Seminar on “Feel Great - No Matter What”**  
**The seminar was Organized by the Pharm.D Department of**  
**SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA**

Tarnaka, Secunderabad

Date: 17th december 2024

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The theme, “Feel Great - No Matter What”, resonates deeply with our need to balance mind, body, and spirit. In today’s fast-paced world, it is crucial to pause, reflect, and equip ourselves with the tools to overcome challenges with positivity and grace.

The seminar aimed to share knowledge and insights on inner peace, resilience, and mindfulness which inspire us to cultivate positivity in our lives.

Event is praised by:

Dr.N.Srinivas - Director of SNVPMV

Dr.T.Mamatha - Principal of SNVPMV

Guest Speaker - Dr.Manoj Matnani

Inviting of Dignitaries onto the Dais

The event commenced with the welcoming of the dignitaries to the dais. The esteemed guests included Dr. T. Mamatha (Principal, SNVPMV), Dr. N. Srinivas (Director, SNVPMV), Dr.Manoj Matnani (Guest speaker).

Welcome Adress by Dr. Srinivas, Director of SNVPMV and Dr. T. Mamatha, Principal of SNVPMV

Dr. Srinivas, Director of SNVPMV, gave a welcome address and spoke about the need of mindfulness and resilience.

Dr. T. Mamatha, Principal of SNVPMV, addressed the gathering and enlightened about the essence of today’s session.

Introduction of the guest

DR MANOJ MATNANI

Consultant Pediatric Nephrologist

Sir Completed MD (Pediatrics) from KEM Hospital, Pune and Did IPNA (International Pediatric Nephrology Association) Fellowship from St. Johns Medical College, Bangalore.

He is also a regular godly student of the Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya (BKWSUBrahmakumaris World Spiritual University) since 2008. Sir is an Active Life Member of the Medical Wing of Brahmakumaris since 2010.

Summary of the Session-

Feeling good no matter what can be a challenge, but there are practical steps to cultivate positivity and resilience in any situation:

- Cultivate a Positive Mindset

Practice Gratitude: Reflect on what you're thankful for each day.

Affirmations: Use positive self-talk to reinforce your inner strength.

Reframe Challenges: See obstacles as opportunities for growth.

- Focus on Self-Care

Physical Health: Exercise, eat nutritious food, and get enough sleep.

Mental Health: Meditate, practice mindfulness, or engage in hobbies.

Social Connections: Spend time with people who uplift you.

- Live in the Moment

Mindfulness: Focus on the present rather than worrying about the past or future.

Enjoy Simple Pleasures: A good cup of coffee, nature walks, or a favorite book can brighten your day.

- Build Emotional Resilience

Accept What You Can't Control: Focus on what you can influence.

Express Emotions: Journaling or talking to someone can help process feelings.

### Vote of thanks

**Dr. A. Sujala**, The Seminar Coordinator, gave a vote of thanks, thanking the dignitaries, guest and volunteers who helped in the success of the event

The seminar ended with The National Anthem.





