



## **Yoga and Meditation Centre Sri Y N College(Autonomous) – Narsapur**

### **Orientation Programme on “How to have Clarity and Be Happy in Life?” was organised on 06-05-2022.**

On 6th May, 2022, Yoga & Meditation Centre of Sri Y N College in Collaboration with Sri Srinivasa Spiritual Science Academy, Dwaraka Tirumala, Andhra Pradesh organised an Orientation Programme on “How to have Clarity and Be Happy in Life?” for the benefit of the Faculty and Students. Master Pradeep Vijay, Global Meditation Teacher, Australia explains perfectly how to live a happier life?, “The first and most fundamental responsibility for a human being is to become a joyous being. To be happy is not the ultimate aspect of life. It is the fundamental aspect of life. If you are not happy, what else can you do with your life? Only if you are happy, can other great possibilities open up”. It was a very informative and useful session. The session went on smoothly and well within the time stipulated.



Master Pradeep Vijay, Global Meditation Teacher addressing the gathering



Students, Faculty and Other Dignitaries at the session