



DECCAN EDUCATION SOCIETY'S **Shri. Navalmal Firodia Law College, Pune**

(Permanently Affiliated to Savitribai Phule Pune University ID No.PU/PN/LAW/207/2004)

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Report

Session on “Highway to Happiness: From stress to Inner Strength”

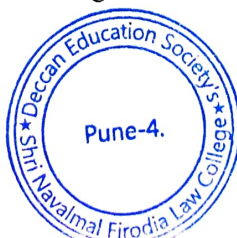
- **Resource Person:** BK Laxmi, Director, Shiv Shakti Bhavan, Brahma Kumaris, Bopodi, Pune
- **Date-** 23rd August 2025
- **Venue-** LC XI

The college organized an insightful session on the theme “Highway to Happiness: From Stress to Inner Strength” with the objective of supporting the emotional and mental well-being of students. The speaker for the program was BK Laxmi Didi, Director of the Shiv Shakti Bhavan, Brahma Kumaris, Bopodi, Pune. The event witnessed enthusiastic participation from more than 75 students and faculty members.

The session commenced with a warm welcome to the speaker and participants, followed by an introduction to the theme and the speaker. The speaker, BK Laxmi Didi, was felicitated by our respected Principal with a sapling. In her address, BK Laxmi Didi emphasized the significance of inner strength as the foundation of a happy and peaceful life.

She explained the concept of happiness in a simple yet powerful way by stating that we should never give the remote control of our happiness into the hands of others. True happiness, she stressed, must come from within and should not depend on external circumstances or the opinions of others.

As part of the session, she conducted an engaging activity wherein five students stood in a round, holding hands and facing inwards. They were then instructed to face outwards without releasing the hands and without stretching each other's hands. Through this exercise, she



highlighted the importance of thinking out of the box and encouraged participants to broaden their perspectives beyond conventional patterns.

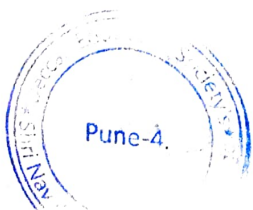
One of the most significant insights shared by Didi was that ego acts as a major barrier in relationships. She explained that ego creates distance, misunderstandings, and conflicts, whereas humility and understanding strengthen bonds. She further elaborated on the role of meditation, describing it as a powerful practice that not only calms the mind but also provides the strength to face life's challenges with resilience.

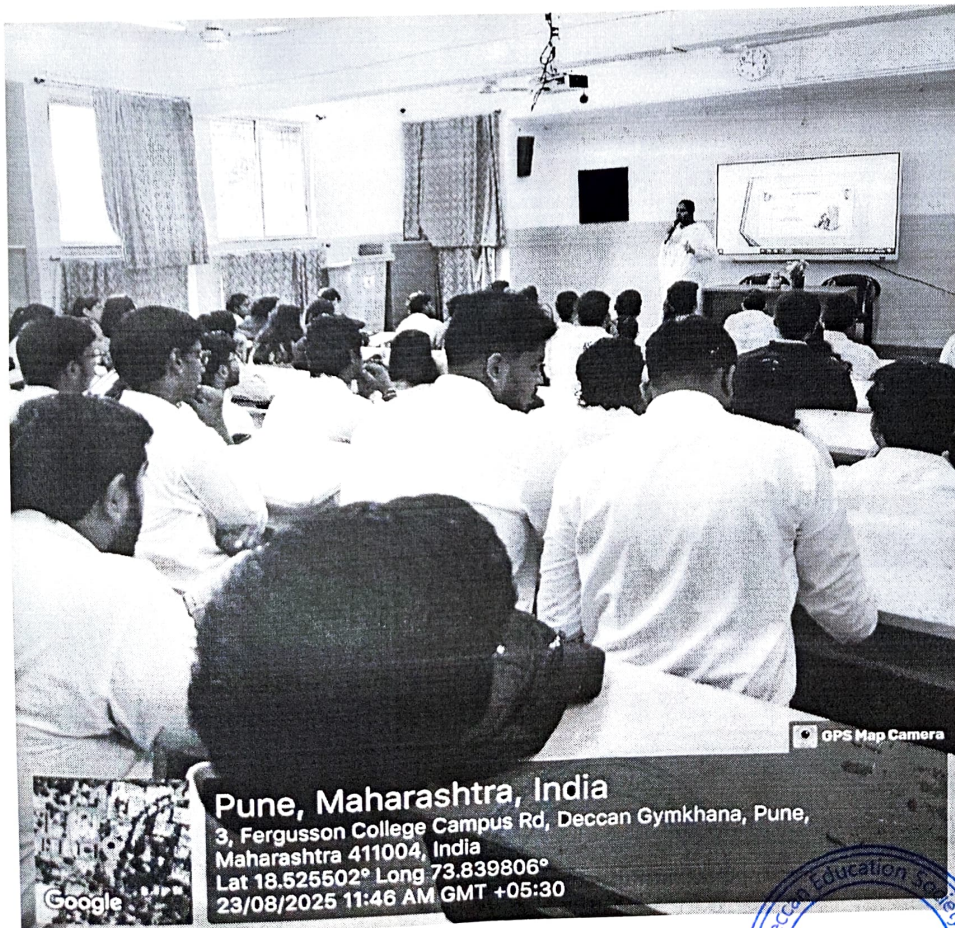
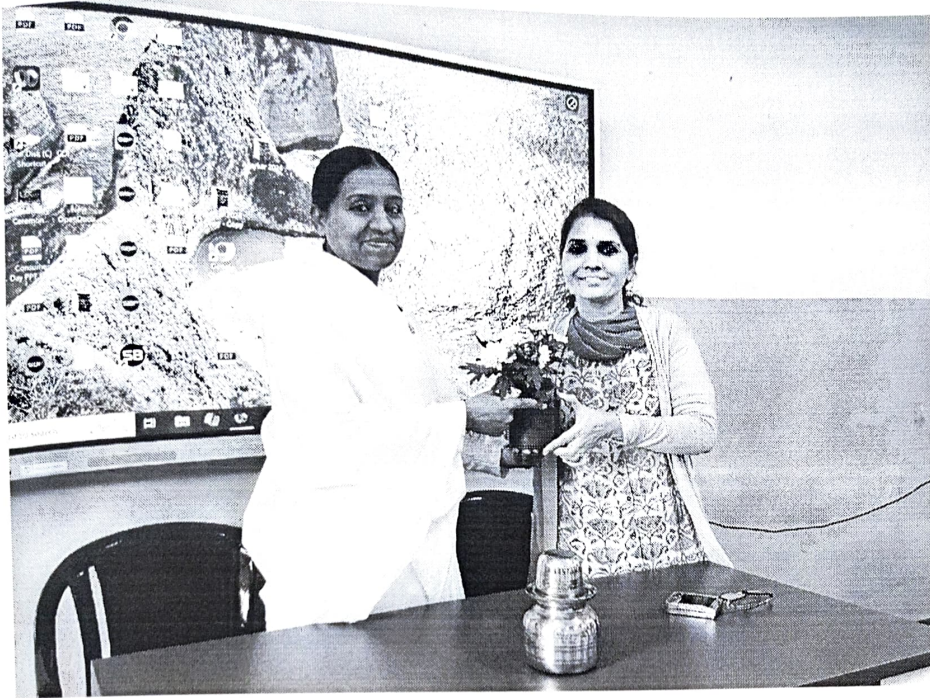
The session also underlined the fact that the mind becomes easily disturbed when it is weak. A fragile mind gets affected by every external situation, word, or action. However, when the mind is trained and strengthened through positive thinking and meditation, it develops the capacity to remain unaffected by negativity.

She reminded everyone that happiness cannot be dependent on external validation or material possessions. Instead, it must be cultivated as an inner quality. By relying less on outside factors and more on inner peace, individuals can truly experience lasting joy and satisfaction in life.

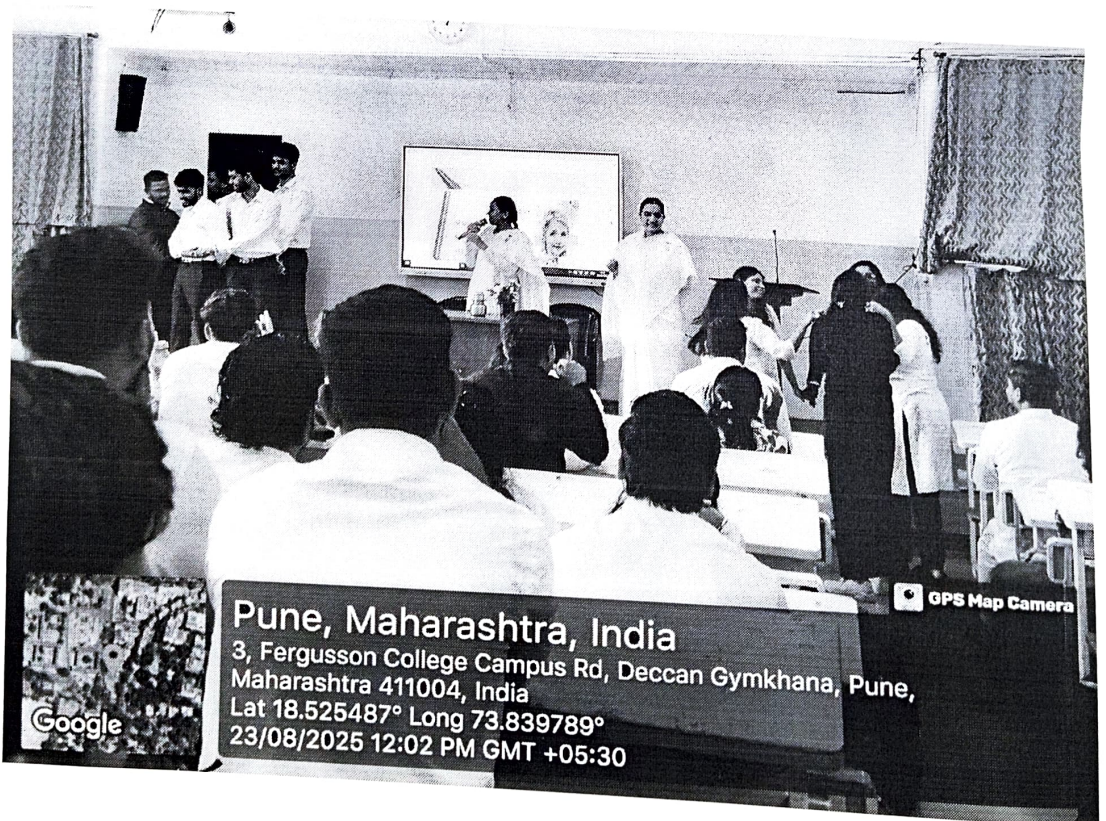
The session was highly impactful and left a deep impression on the participants. The interactive activities, combined with practical wisdom, made the session both engaging and enriching. Students expressed that they gained a new perspective on handling stress, managing relationships, and finding inner peace.

The program concluded with a vote of thanks to BK Laxmi Didi for her valuable guidance and to all participants for their active involvement. The event successfully met its objective of spreading awareness about mental health and providing practical ways to build inner strength in daily life.





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 Dr. Sunita Adhav
 Principal

