



## Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

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## KLEF/ BBA/ IQAC - ACAD/ DCMs/ AQ.5- NSS – Activity

09-09-2025

**Activity:** Students gained valuable insights on personal growth and happiness.

The members of “*the Professional Society*” and II BBA Students attended workshop Students gained valuable insights on personal growth and happiness on 09-09-2025.

### Minutes of the Workshop

**Date:** 9th September, 2025

**Time:** 10:00 AM – 12:00 PM

**Venue:** R&D Theater, KLEF.

**Audience:** BBA 1st Year Students

**Speaker:** HE Singha Rinpoche, Singapore

### Proceedings:

The workshop began with a welcome note, followed by the introduction of the guest speaker, *HE Singha Rinpoche*.

During the session, the speaker engaged students on the following key themes:

- **How to Become Great in Life**

Importance of self-discipline and continuous learning.

Cultivating humility, resilience, and a positive attitude.

- **How to Overcome Perceptions to be Happy**

Letting go of limiting beliefs and negative assumptions.

Focusing on inner peace rather than external validation.

- **Purpose of Life**

Understanding that true fulfillment comes from meaningful contribution.

Balancing personal growth with service to others.

The session concluded with an interactive Q&A where students clarified doubts and shared reflections.

➤ **Outcome:**

Students gained valuable insights on personal growth and happiness.

The workshop encouraged self-reflection and inspired participants to set purposeful life goals.

➤ **Meeting Adjourned:** 12:00 PM

Members attended :

Dr. Venkateswarlu Chandu

Dr.Y.Venkataramana

Dr.Y.Kanaka Durga

Dr. Madhu Latha

Signature of HOD

Enclosed event: Picks



