

The Essence of Value Education - 2

Name: L Lakshmanan

Roll number: 2020112024

What the session was about:

This session was a continuation of the previous session by Professor Ramancharla Pradeep Kumar. The lecture was about the different types of harmony, happiness, and relationships.

What I liked about the session:

- The slides used in the session were very detailed and easy to follow.
- This session was very interactive as well.

What I did not like about the session:

- Negative aspects of adapting ourselves to fit in could have been elaborated more.
- Nothing other than that, the talk was very informative.

My takeaways from the session:

Internal harmony leads to one accepting oneself. This notion of internal harmony was very relatable and enlightening. Coexisting with different sides of ourselves is also a crucial step in achieving this state of internal harmony. We often get into several issues because of our inexperience, but we must strive to attain internal and external harmony. We must try our best to analyse the situations we find ourselves in without only focusing on our work. We must also take steps to improve and maintain healthy relationships with society in order to lead a happy and prosperous life.

