

**Special Lecture on  
The basic Mantra of Living an Artistic Life  
With Anuvrata, Prekshadhyana and Life Science”**

**Press Report**

Faculty of Social Sciences and Languages, Desh Bhagat University under **Acharya Shri Mahapragya Chair of Interfaith Studies** in its continued commitment to fostering intellectual and spiritual growth, organized a special lecture on "The Basic Mantra of Living an Artistic Life With Anuvrata, Prekshadhyana, and Life Science." The lecture was delivered by the esteemed Sadhvi Prasanna Yasha ji, a learned disciple of Acharya Shri Mahashraman ji.

The special lecture, held at the university premises, aimed to inspire individuals to embrace the principles of Anuvrata (small vows), Prekshadhyana (introspection), and Life Science as fundamental pillars for living an artistic and fulfilling life. Sadhvi Prasanna Yasha ji, a renowned spiritual leader and an accomplished practitioner of these principles, captivated the audience with her profound insights and practical wisdom.

During the lecture, Sadhvi Prasanna Yasha ji emphasized the importance of integrating art, spirituality, and ethical living. She expounded upon the transformative power of Anuvrata, highlighting how simple yet meaningful commitments can lead to a harmonious existence. Through Prekshadhyana, the practice of introspection and self-awareness, she guided the audience on the path of self-discovery and personal growth. Additionally, Sadhvi Prasanna Yasha ji shed light on the principles of Life Science, demonstrating how aligning our actions with natural laws and universal values can enhance our artistic expression and overall well-being.

The lecture witnessed enthusiastic participation from students, faculty members, and esteemed guests from various walks of life. Attendees expressed their gratitude for the invaluable insights provided by Sadhvi Prasanna Yasha ji, recognizing the profound impact her teachings can have on their personal and professional journeys.

Dr. Zora Singh, Honourable Chancellor and Dr. Tajinder Kaur, Honourable Pro-chancellor expressed their appreciation for Sadhvi Prasanna Yasha ji's enlightening lecture. Dr. Devinder Kumar, Director Faculty of Social Sciences and Languages, in his address stated that "We are honored to have hosted Sadhvi Prasanna Yasha ji, a distinguished disciple of Acharya Shri Mahashraman ji, who shared her deep knowledge and wisdom on living an artistic life. This lecture has provided our students and faculty members with a unique perspective on integrating spirituality and ethics into their chosen fields, fostering holistic growth and societal well-being."

