



## Haritha Harekrishnan

### Tranquillity – To Accomplish

Time to attain, can be, by yourself!!!!

Wake up before the Sun says hi.....

Prayers for a wonderful day.....

Spare time for exercise, yoga, meditation as you wish.....

Indulge in your Karma.....

Spend time for your “ikigai”, if not find out one.....

Talk wholeheartedly to whom you see....

Try to do an act that makes others happy....

Dedicate a fixed time for your precious family....

Eat only upto 80 percent of your belly...

Grateful for everything you have....

Optimistic approach towards life.....

It's your life, live it to the fullest and make it meaningful....

B+ve and make your life ecstatic.....

## **Haritha Harekrishnan**

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Haritha Harekrishnan lives in the God's own country with her family and loves exploring new locations. Haritha got a graduate degree in Dairy Technology from Kerala Agriculture University, Kerala. She took her Masters in Business Management from Rajagiri College, Kochi. She has worked with Amul at Anand, Gujarat and she is presently working as Senior Dairy Extension Officer with the Kerala Govt.

Haritha Harekrishnan writes poems on varied topics. She likes to be known by pen name “DAFFODILS”, the poem that influence her from childhood.

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