



**HAPPY THINKING LAB
&
DEPARTMENT OF GEOGRAPHY
UNIVERSITY OF LUCKNOW
(NAAC ACCREDITED A++)**



Guest :

Shashi Prabha Dwivedi

A Young Yoga Entrepreneur from
Bangalore,

An ACE certified yoga trainer specialising in
Ashtanga yoga and Trained in Yoga Trapeze
from Barcelona, Spain.

Organises
**Yoga Session on
"Yoga for Mental Health"**

Patron

Prof. Alok Kumar Rai

Hon'ble Vice Chancellor
University of Lucknow

Date: 24th February, 2023

Timing: 11:30 A.M.

Venue:

**Seminar Hall,
Department of Geography**

Co-Patron

Prof. Poonam Tondon

Dean Student's Welfare
University of Lucknow

Prof. Madhurima Pradhan

Director

Happy Thinking Lab

Prof. Roli Misra

Co-ordinator

Department of Geography

Dr. Vaishali Saxena

Deputy Director

Counselling & Guidance Cell

Yoga session for Mental Health

Report

A session of Yoga was organized on 24.02.2023 under the joint aegis of Happy Thinking Laboratory and Counselling and Guidance Cell at Geography Department. In this program, the students learned and practiced various yogasanas under the supervision of Ms. Shashi Prabha Dwivedi, a young yoga entrepreneur from Bangalore. Students clarified various myths related to yoga. On this occasion, Dean Student Welfare Prof. Poonam Tandon, Director Happy Thinking Laboratory and Counselling and Guidance Cell Prof. Madhurima Pradhan, Deputy Director Counselling and Guidance Cell, Dr. Vaishali Saxena and Co-ordinator Geography Department, Prof. Roli Mishra was present. Ms. Shashi Prabha Dwivedi was introduced by Prof. Roli Mishra to all the participants.

Prof. Madhurima Pradhan threw light on the role of yoga for positive mental health. She also explained the functioning of Happy Thinking Laboratory. Dr. Vaishali Saxena also focused on the utility of Counselling and Guidance Cell for the mental health and career of the students.

Around 40 students have participated in this program and made the program successful and useful.





