

Department of Chemistry University of Lucknow, Lucknow Accredited A++ by NAAC

Stress Management through Sahaja Yoga Meditation

The Department of Chemistry and Happy Thinking Laboratory in association with the Sahaja Yoga team organized an event *Stress Management through Sahaja Yoga Meditation* on January 24, 2023 in the Department of Chemistry auditorium. The program was presided by Prof. Madhurima Pradhan, Director of the Happy Thinking Laboratory. At the onset Prof. Anil Mishra, Head of the Department of Chemistry welcomed the guests and briefed the about the purpose of this program. Thereafter Prof. Madhurima Pradhan introduced the team from Sahaja Yoga which comprised of Mrs. Nilima Mishra, Dr. Rachna Mishra, Mr. Prashant Mishra, Mr. Yogesh and Mr. Gaurav. In the beginning Mrs. Nilima Mishra explained the importance of sahaj yoga meditation. This was followed by introduction of the different chakras in the body and their importance by Rachna Mishra. She also explained how they were related to each other and control the energy flow. This was followed by a session of the sahaj yoga meditation which was conducted by Mr. Yogesh.

The program was attended by the faculty members and research scholars of the department and students of B.Sc. semester I who have opted for the Holistic Health and Happiness co curriculum course. Prof. Vijai Kumar Rai proposed the vote of thanks.



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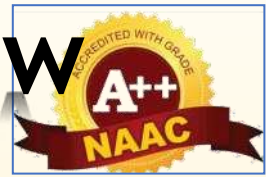
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Happy Thinking Lab

&

Department of Chemistry

In Association with

Sahajayoga Team

Presents

Stress Management through Sahajyoga Meditation

*For B.Sc. Semester 1 students of Holistic and Health Co curriculum
course*



Prof. Madhurima Pradhan
Director
Happy Thinking Lab



Prof. Alok Kumar Rai
Vice Chancellor
University of Lucknow



Prof. Anil Mishra
Head Department of
Chemistry



Venue: Chemistry Department Auditorium

Date: January 24, 2023

Time: 3:30 PM



भारत 2023 INDIA