



Department of physical education

Topic : Mental health : a brief Overview

Resource Person :

- Chief Guest : Prof. Prem Suman sharma
- Guest of speaker: Lt. Dr. Shyam Narayan singh
- Organizing team: Prof. Madhurima pradhan  
Dr. Shashi kanaujia
- Student speaker: Aradhna , Priya chaturvedi, Garima
- Student co-ordinator : Anu , Rajat singh, Siddharth kumar rao
- Student Volunteers: Surya dev singh , Nitin yadav , Vishnu yadav

No. Of participants: 78

Main points covered:

1. Mental health
2. Mental illness
3. Maintaining positive mental health

Feedback of the students: knowledgeable webinar,

Informative information related to present situation .

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9:28 am



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**PRESS NOTE:**

**Name of Department :** DEPARTMENT OF PHYSICAL EDUCATION

**Topic:** YOGA : A WAY OF HAPPINESS AND WELL BEING

**Resource person:**

**CHIEF GUEST** – PROF. INDU MAZUMDAR ( Retired prof. From L.N.I.P.E. Gwalior and V.C. and visiting professor at university of Wisconsin U.S.A. and Dean at school of sports Education, ITM University , Gwalior.)

**GUEST OF SPEAKER**—Dr. BHASKAR SHUKLA SIR AWARDED AS “SHIKSHA SRI SAMMAN 2017”BY HIGHER EDUCATION .

**No. of participants:** 85 above participated also including the faculty members including Prof Madhurima Pradhan( director of coinciding and guiding cell), Dr Archana (Department of Sociology) , Dr.Mohd. Tariq ,Dr Awadhesh Kumar Shukla ,Dr Tripti Singh, Dr. Ganesh Shankar Pandey

**Main points covered :**

1. INDIAN PHILOSOPHY ON YOG,
2. SCHOOL OF YOGA ,
3. LIMBS OF ASTHANG YOGA
4. Benefit of physical education as subject in future
5. Yoga and sports

**Feedback of students :** Response was positive as many questions were put on for the queries.

- Knowledgeable webinar
- Informative
- Information related with present situation
- Benefit of yoga in future scenario in present and future scenario
- New education policy

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**Organized by:-  
Department of Physical Education  
in Collaboration with Counselling &  
Guidance Cell, University of Lucknow  
Lucknow**



**Guest Speaker**  
**Dr. Bhasker Shukla**  
Assoc. Prof.  
Phy. Education HNB  
Govt. P.G College, Naini,  
Prayagraj Diploma in  
Yoga Education, Lonavla  
Award:- Shikshak Sri  
Samman 2017 By Higher  
Education U.P Govern.



**\*Chief Guest.**  
**Prof. Indu Mazumdar.**  
Retired Prof. from  
L.N.I.P.E Gwalior.  
Officiating V.C for  
One Year \*Visiting  
Professor at  
University of  
Wisconsin U.S.A for  
One Semester Current  
Dean, School of  
Sports Education, ITM,  
University, Gwalior

**Topic:- Yoga-A  
Way of Happiness  
and Well Being.**

**Date:- 02 July 2021**

**Time:- 03:00pm.**

**Joining link:- [meet.google.com/bbm-covs-tha](https://meet.google.com/bbm-covs-tha)**

## **Organizing Team**

**Prof. Madhurima Pradhan**  
(Director)  
Counselling and  
Guidance Cell  
Lucknow university

**Prof. Arvind Awasthi**  
(Head)  
Department of  
Physical Education  
University of Lucknow

**Dr. Shashi Kanaujia**  
(Coordinator)  
Department of  
Physical Education  
University of Lucknow

**STUDENT'S COORDINATOR**  
1) Anu.  
2) Anjali Tomar  
3) Garima Mishra.

**STUDENT'S SPEAKER**  
1) Md. Asif Raja Khan  
2) Aradhana  
3) Shivani Gupta

**STUDENT'S VOLUNTEER**  
1) Surya Dev Singh.  
2) Nitin Yadav.  
3) Vishnu Yadav