




UNIVERSITY OF LUCKNOW
(HAPPY THINKING LABORATORY DEPARTMENT OF PSYCHOLOGY)
IN COLLABORATION WITH
HEARTFULNESS EDUCATION TRUST
PRESENTS
HEARTFUL CAMPUS PROGRAM
(PAUSE, REFLECT AND SHINE FOR HOLISTIC HEALTH AND HAPPINESS)



 5pm-6.30pm



Mr. Sanjay Upreti
IRAS, Financial Advisor BSF
Heartfulness Trainer, Delhi
Session-1
Management of Stress
(28 Feb. 2022)

Mr. C.S. Patil

SR. Manager (Civil TVHPP NTPC LTD.)
Heartfulness Trainer, Joshimath (UK)
Session-4
Heartful and Healthy Relationships
(7 Mar. 2022)



Dr. Ruchika Yadav
Associate Professor at KRMU
Heartfulness Trainer, Gurugram
Session-2
Benefits of Meditation & Inner connect
(1 Mar. 2022)

Mr. Atul Kumar

Head HR & Admin, A Mining MNC
Heartfulness Trainer, Gurgaon
Session-5
*Impact of Thoughts and Managing Thoughts
and Emotions*
(14 Mar. 2022)



Dr. Virender Phogat
Retired Civil Surgeon
Heartfulness Trainer, Rohtak
Session-3
Healthy Life Styles & Happiness
(2 Mar. 2022)

Ms. Anagha Kulkarni
Design Thinking & Data Science Professional
Heartfulness Trainer, Pune
Session-6
Science of Meditation and Habits change
(21 Mar. 2022)



Happy Thinking Laboratory, Department of Psychology, University of Lucknow, in collaboration with Heartfulness Education Trust conducted **HEARTFULNESS CAMPUS PROGRAM** (Pause, Reflect and Shine for Holistic Health and Happiness).

Mr. Sanjay Upreti (TRAS, Financial Advisor BSF, Heartfulness Trainer) was the speaker on 28th Feb, 2022. He discussed about “Happiness resides in our own heart”. He shared many beautiful quote and one of them was by Swami Vivekanand that “You have to grow from inside out. None can teach you, none can make you spiritual. There is no other teacher that your own soul”. There was a small session of guided meditation.

On 1st March, 2022, the speaker was **Dr. Ruchika Yadav**, Associate Professor at KRMU, Heartfulness Trainer, Gurugram. She introduced the Meditation through analogy to medication to the participants. She told “Just like medication is used to cure physical ailments similarly meditation is used for curing mental illness. She introduced neuro-electrical and hormonal changes that occur during meditation. She also revealed the importance of sleep and the role of meditation in reduction of sympathetic activity and improvement of parasympathetic activity resulting in relaxation and calmness of the mind. There was a small session of guided meditation. There was a small session of guided meditation.

On 2nd March, 2022, the speaker was **Dr. Virendra Phogat**, retired civil surgeon, Heartfulness Trainer, Rohtak. He discussed about mental, social emotional, spiritual and physical health. He quoted that “Heart is sheath of emotion and how much we are able to balance our emotions is essential for holistic health”. He talked about body, mind and mental processes like reflection and contemplation. There was a small session of guided meditation.

ON 7th March, 2022. The speaker was **Mr. C.S. Patil**, Sr. Manager (civil TVHPP NTPC LTD.), Heartfulness trainer, Joshimath (UK). He introduced the meaning of healthy relationship with a beautiful quote “To be is to be related” and also discussed the importance of emotional diary and role of personal in maintaining relationships. He concluded with a wonderful exercise of meditation along with the participants. There was a small session of guided meditation.

On 14th March the session was taken by Mr. Atul Kumar Yadav on “Impact of thoughts and Managing thoughts and emotions”. He is Head HR and Admin, A Mining MNC, Heartfulness Trainer, Gurgaon. He highlighted that we learn when we have experience. He quoted the experiment by Masaru Emoto Water Research, the experiment by Jagdish Chandra Bose on Plant research. He demonstrated that plants also have feeling and are affected by the quality of words used for them. If we repeat the word ‘ I love you’ before the plants, they flourish and if we create negative words ‘ I hate you’ they are damaged, so these experiments highlight the importance of thoughts on our feelings the session ended with relaxation exercise and questions answers sessions.

The final day on 21st March the session was taken by Ms. Anagha Kulkarni on “Live Light and Live Right Discover a Heartful Way of Living”. Ms. Anagha is a Data Science Professionals and Heartfulness Trainer, Pune. She emphasized that there are three aspects of life physical , mental and infinite energy force. For mental peace and happiness we have to practice meditation and inner connect. We are part of universe and all the energies of universe are within us. We have to rejuvenate and energize regular to connect with higher consciousness.



Let's Evolve Together

We learn from each other

This is a safe space

Challenge yourself

COMFORT ZONE

THINGS THAT MAKE LIFE WORKABLE AND INTERESTING

www.heartfulness.org Page

heartfulness Today's Intention

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Triggers of Stress

Impact Of Stress

Good stress

Bad Stress

Managing Stress

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Madhurima Pradhan

Shivani Gupta

Megha Singh

Sandhya Kanaujya gc

Karm Veer Singh

Dr. Ruchika Yadav

Iweleena

Andra Patal

Priyanshi Verma CI

Yukti Sharma

Kavita Kanaujya

Jai Shukla

Kunti Kashyap

Kanchan Gautam

Vishnu Agarwal

Tri Pathak

Sanali Jha

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Khushuma

Bharati Singh

Alok Choudhury

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**Research shows
Meditation increases the
Academic skills, holistic
improvement in intellectual
performance & IQ in
University Students**

23 / 27 Zoom

Benefits of meditation in Cancer Patients

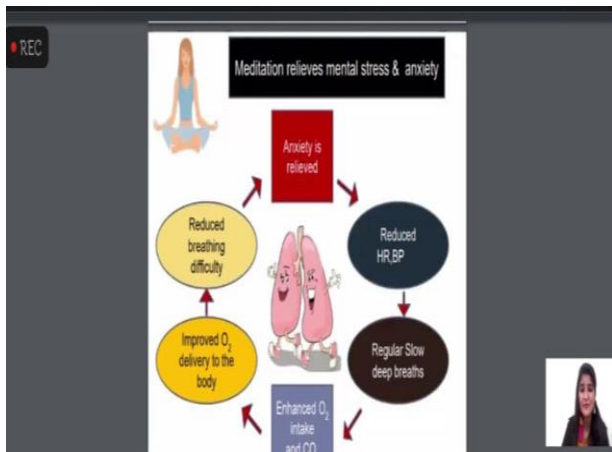
- Decreased pain
- Decreased depression and anxiety
- Decreased confusion
- More energy
- Fewer heart and gastrointestinal problems

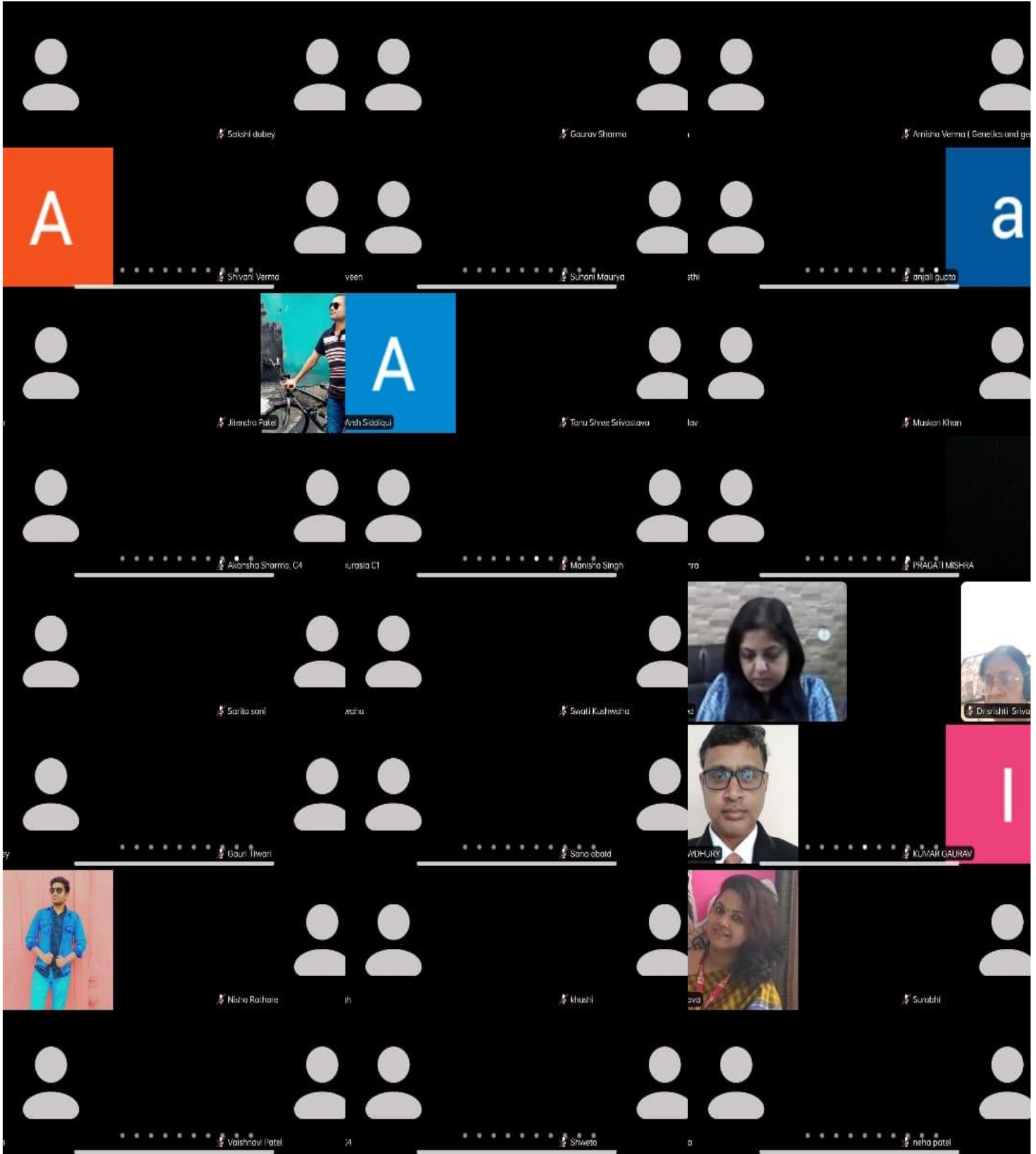
<http://www.psychologytoday.com/articles/index.php?term=pto-20010501-000025>



REST + PAIN MEDITATION + PAIN

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Heartfulness Prayer

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हे नाथा
तू ही मनुष्य जीवन का वास्तविक ध्येय है।
हम अपनी इच्छाओं के गुलाम हैं,
जो हमारी उन्नति में बाधक है।
तू ही एक मात्र ईश्वर एवं शक्ति है,
जो हमें उस लक्ष्य तक ले चल सकता है।

When to pray?

- Morning, before meditation, once.
- Night, before going to bed.
- Meditate over its essence and sleep.

O Master!
Thou art the real goal of human life.
We are yet but slaves of wishes
Putting bar to our advancement.
Thou art the only God and Power
To bring us up to that stage.

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Healthy Lifestyl & Happiness

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OJA HEARTFULNESS's screen

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Happiness

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Through

$$\text{HAPPINESS} = \frac{\text{Number of desires fulfilled}}{\text{Total number of desires}}$$

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A Healthy Body and Mind

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Mind

What makes your mind healthy?
What do you read/watch/listen and how does the impact you?

Body

What makes your body healthy?

www.heartfulness.com

