



Happy Thinking Laboratory
DEPARTMENT of PSYCHOLOGY



organizes
workshop on

"Know to Grow"

in collaboration with
Youth for Global Peace & Transformation

Resource Person- Mr. Mitra Dixit Mehra
Director,
Youth for Global Peace & Transformation

on

30th November, 2021

Timing- 11 : 00 pm - 3 : 00 pm

Venue- Happy Thinking Laboratory
University of Lucknow

Happy Thinking Laboratory, Department of Psychology, University of Lucknow, organized a workshop on “KNOW TO GROW” in collaboration with Youth for Global Peace & Transformation on 30th November, 2021, under the guidance of Prof. Madhurima Pradhan, Director, Happy Thinking Laboratory, Dr. Archana Shukla, Co-ordinator , Department of Psychology and Dr. Manini Srivastava, Organizing Secretary of the event.

YGPT is a youth initiative of Maitribodh Parivaar which was started in the year 2013 under the guidance of Maitreya Dadashreeji - with the vision to empower and transform youth. It is a team of young people who have the passion to serve humanity, bring together well-established professionals and give youth a new direction.

Know to Grow is a program specially designed for young minds to discover themselves to understand their real personality which will take them on the path of transformation to become the best version of themselves. This program guides and directs youths on a positive course of action, to influence the opinions and behaviors of others, and serve as a role model. Through these programs the youth get to establish a support network in order to fully participate in community life and bring about a positive social change.

The workshop started with lighting of lamp by the resource person Mitra Dixit Mehra, Dean Academics Prof. Rakesh Chandra, Coordinator Psychology Department Dr. Archana Shukla and Coordinator of the program Dr. Manini Srivastava. Prof. Madhurima Pradhan, Director of Happy Thinking Laboratory welcomed the guest and elaborated the significance of the workshop. Then, Prof. Rakesh Chandra enlightened the participants with his words of wisdom. He highlighted that true happiness can only be achieved by self love. Thereafter the chief speaker of the event Mr. Dixit Mehra addressed the gathering and interacted with participants with the help of Power Point presentation. He made the participant to reflect upon the benefit of understanding the power of thought and controlling mind to achieve peace and happiness. He brought to light many issues of great importance like the inner self, potentialities of the person, self concept and the value of meditation. The workshop was unique as the participants experienced Maitri Sambodh Dhyaan: A Guided Meditation to connect with Devine with audible commentary.

A live discussion took place which brought forward important issues about various aspects of self awareness and enhancing potential of youth. The event came to an end with a vote of thanks delivered by Dr. Archana Shukla.

Some feedbacks of students are:

- The workshop is that the session was very informative and very useful as well. It was a good peaceful atmosphere. It was a good experience attending the workshop it help me realize my inner self.
- I have also meditated before this session but it was so nice &with great experience with us .I will do it for 21 days & again it was very nice experience.
- The self experience of connecting with self through on chanting and a sound of bell was very illuminating. The silence in between instruction was very soothing. Instruction of imagining white light with some sound in the background was energizing. Overall a good experience.
- I learnt new concept related to knowing about self. How to be aware of our self concept. We also had a practical experience on meditation which was very soothing and gave us a practical knowing about our insights.
- I was an enlightening experience & share our views with everyone. And a very very special thanks you to all the faculty members for organizing the workshop.











