

## **CELEBRATION OF WORLD MENTAL HEALTH DAY**





# UNIVERSITY OF LUCKNOW

(Accredited A++ by NAAC)



**Happy Thinking Laboratory**

In Association With

**Counselling And Guidance Cell**

**Is organizing**

A Visit Of Underprivileged Adolescent Girls From  
Shohratgarh Environmental Society

**On**

**World Mental Health Day**

**THEME-"MENTAL HEALTH IS A UNIVERSAL  
HUMAN RIGHT"**



10th October, 2023



1:00 P.M. Onwards



ONGC Building, Happy Thinking Laboratory,  
3rd Floor, University of Lucknow

## **Patron**

**PROF.ALOK KUMAR RAI**  
Vice Chancellor  
University of Lucknow

**PROF.MADHURIMA PRADHAN**  
Expert Happy  
Thinking Laboratory

## **Convenor**

**PROF.M.PRIYADARSHINI**  
Director,HTL  
**DR.VAISHALI SAXENA**  
Director,CGC

Happy Thinking Laboratory in association with Counseling & Guidance Cell organized a **Visit of Underprivileged Adolescent Girls from Shohratgarh Environmental Society Lucknow on World Mental Health Day** in Happy Thinking Laboratory, ONGC Building, 3<sup>rd</sup> floor, University of Lucknow on 10<sup>th</sup> October 2023 at 1:00 pm. The theme of the program was **“Mental Health Is A Universal Human Right”**.

Prof. Madhurima Pradhan, Expert of Happy Thinking Laboratory welcomed the coordinator from Shohratgarh Environmental Society Miss. Meenakshi Singh along with 25 girls and other faculty members.

The program started with the introduction of every girl. Each girl was invited to give introduction along with her **“Mission of Life”**.

Miss. Meenakshi Singh, coordinator of Shohratgarh Environmental Society told about her organization. This organization raises the social issues like unisex, LGBT group and Women Empowerment etc.

Prof. Madhurima Pradhan, Founder Director of HTL, Prof. M. Priyadarshini, Director of HTL and Prof. Vaishali Saxena, Director of Counseling and Guidance Cell interacted with girls about their awareness regarding mental health, impact of positive/negative thoughts in producing positive hormone, DOSE (Dopamine, Oxytocin, Serotonin and Endorphins) and stress hormone (Cortisone Adrenaline). Students asked about healthy diet, nutrition, sleep and exercise for securing good physical health. They also asked about how to inculcate positive thoughts with small acts of routine life. The role of understanding the true meaning of women empowerment was emphasized and recognition of their strengths to produce their desired results to achieve the goal of life was highlighted. In today's society girls have to recognize their strengths of creation, protection, nurturance and motherhood and they are already much ahead of men. If required they can even take the role of Durga for bringing the positive societal change.

The program was ended with activities, visiting the silence room and whole Laboratory.

#### **ACTIVITIES:**

- 1) With the help of an activity the girls were familiarized about the role of expressing the thankfulness and feeling a sense of gratitude to their parents, teachers and fellow students, the gifts of life, nature and God. Expressing gratitude brings positive results for good health.



2). In another activity, the girls were given a chance to reflect upon their negative habits which they wanted to change in their lives. They were required to write them upon an inflated balloon and then burst it. Few negative qualities were mentioned like feeling angry, having stage fear, anxiety etc. 25 girls and 4 faculty members attended the program and shared their feedbacks. Few feedbacks are here –

“Best experience of my life “ , “Very inspiring and knowledgeable” , “Felt peaceful”.







Date - 10/10/23

Mental Health Is A Universal  
Human Right

S.N	Name	Contact	Signature
1	Beenu Singh	7068555900	Bsingh
2	Ragini Srivastava (APC) Healthy	9648700128	Ragini
3	Neelesh Rishi	7237993482	
4	Khushi Singh	8429929910	Khushi
5	Paraswati	9648849236	
6	Simran Pandey	7392876753	Simran Pandey
7	Tiya Pandey	7392876753	Tiya Pandey
8	Ragini Gupta	6307366311	Ragini
9	Sonika Rawat	7752807424	Sonika
10	Laiba Khan	7355569176	laiba
11	Aditi Srivastava	9455156343	Aditi Srivastava
12	Sandhya Rawat	7510072166	Sandhya Rawat
13	Anushka Kumari	7393892072	Anushka
14	Shalini Nag	705285399	Shalini
15	Anshika Bajpai	9151772995	Anshika
16	Apexha Bajpai	8423886380	
17	Saboni Sivari	7860037063	Saboni
18	Jainab Paveen	7235045425	Jainab
19	Mahak Idolsi	8576810722	Mahak
20	Anshika Shukla	9792100814	Anshika
21	Arpita Mishra	9598157112	Arpita
22	Anushka Sharma	7275037816	Anushka
23	Anushka Singh	7497972915	Anushka
24	Beebi Trivedi	7905624540	Beebi
25	Dipti Shukla	9555261698	Dipti
26	Rupa Gupta	9984670620	Rupa
27	Sneha Dixit	8009927283	Sneha
28	Shivani pal	9628924118	Shivani