



लखनऊ विश्वविद्यालय
University of Lucknow
Accredited A++ by NAAC)



PRE CONVOCATION EVENT 2023
Counselling & Guidance Cell
In association with
Happy Thinking Laboratory
Is conducting a workshop on
HOLISTIC HEALTH AND WELLBEING
(For Doctors and Medical Professionals)

Participation fees : **1000/-**

- ✓ Biowell Testing
- ✓ Experiential Learning

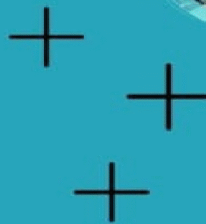
Patron:



Prof. Alok Kumar Rai,
Hon'ble Vice Chancellor,
University of Lucknow

08:00AM
29 NOV. 2023

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



Dr. Vaishali Saxena,
Director,
Counselling & Guidance Cell

Prof. Madhurima Pradhan
Technical Expert,
HTL

Prof. M. Priyadarshini,
Director,
Happy Thinking Laboratory

Coordinator: **Dr. Vandita Sinha**
Dr. Sushil Singh Chauhan

Register now



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<https://forms.gle/wg4bX1Wx9M9LbWBF7>

Pre Convocation Events 2023 Report

University of Lucknow's Counselling and Guidance Cell, in collaboration with Happy Thinking Lab, successfully conducted a transformative workshop on "Holistic Health and Well-being for Doctors and Medical Professionals" under the leadership of Vice Chancellor, Prof. Alok Kumar Rai, Dr. Vaishali Saxena, Director, Counselling and Guidance Cell, Prof. Madhurima Pradhan, Technical Expert of Happy Thinking Laboratory, Prof. M. Priyadarshini, Director of Happy Thinking Laboratory, and coordinators Dr. Vandita Sinha and Dr. Sushil Kumar Chauhan.

Under their collective guidance, participants gained valuable insights into stress management, positive psychology, mindfulness, and holistic health practices. The University extends its gratitude to the distinguished speakers, attendees, and Happy Thinking Lab for contributing to this enriching experience. This workshop marks a significant step toward fostering a culture of well-being within the medical community. The program featured immersive sessions on meditation, holistic health, and well-being, guided by experts like Prof. Madhurima Pradhan and Prof. M. Priyadarshini. Participants actively engaged in various activities and meditation exercises, promoting a holistic approach to self-care. A highlight of the workshop was the bio well-being testing undertaken by all participants, providing valuable insights into their health. This interactive element enhanced understanding of the practical implications and utility of holistic health practices, empowering medical professionals to integrate these approaches into their lives for improved overall well-being.





HOLISTIC HEALTH AND WELLBEING ^{Attitude}

Bhasha - Sans than U.P Shashan (Enduring Student's Personality)

Name / Dept.	Contact	Sign
Deepak Gupta English Ph.D	7007649604	
Abdramane Maiga	8960316507	
Sonoo Lal English Ph.D	8828851199	
Deenanath English Ph.D.	995662429	
Tushar Chaudhary / M.A. Public Administration	8577859372	
ANIL Sonny / English Ph.D.	903031553	
RAHUL BAJPAI /	8604850741	
UKRASHY SWAMI CHAUHAN / B.A. (NEP) (AIM)	7607439756	
Amyan Mishra / BA (NEP) / Anthropology (major)	829523502	
Manas Bajpai / BA (NEP) MIH	8707768700	
AKASH VERMA / BA (NEP) English, Economics	9005001215	
Jyanti Upadhyay (B.A. (NEP)) English, AIH	7318188150	
Purni Zaveri / Economics dep (B.S.) (SEEP)	9535195368	
Md. Uzair Khan / ECONOMICS	6390408537	
Hemshita / B.Sc (NEP) Department of Science	8707748389	
Akanksha Pandey / Ph.D English	7839128618	
Pominee Singh / Ph.D English	9580686562	
Deepak Dwivedi [M.A. Hindi]	7275374736	
Swati Vatsyay (Ph.D. English)	9759630933	
Shubhangi Soni (Ph.D. English)	8948448899	
आकांक्षा राय (हिंदी तथा आधुनिक भारतीय भाषा विभाग)	9919531725	
Karishma Bharti (Ph.D English)	8398950386	
Amit Kumar (Ph.D Public Admin)	9953063895	