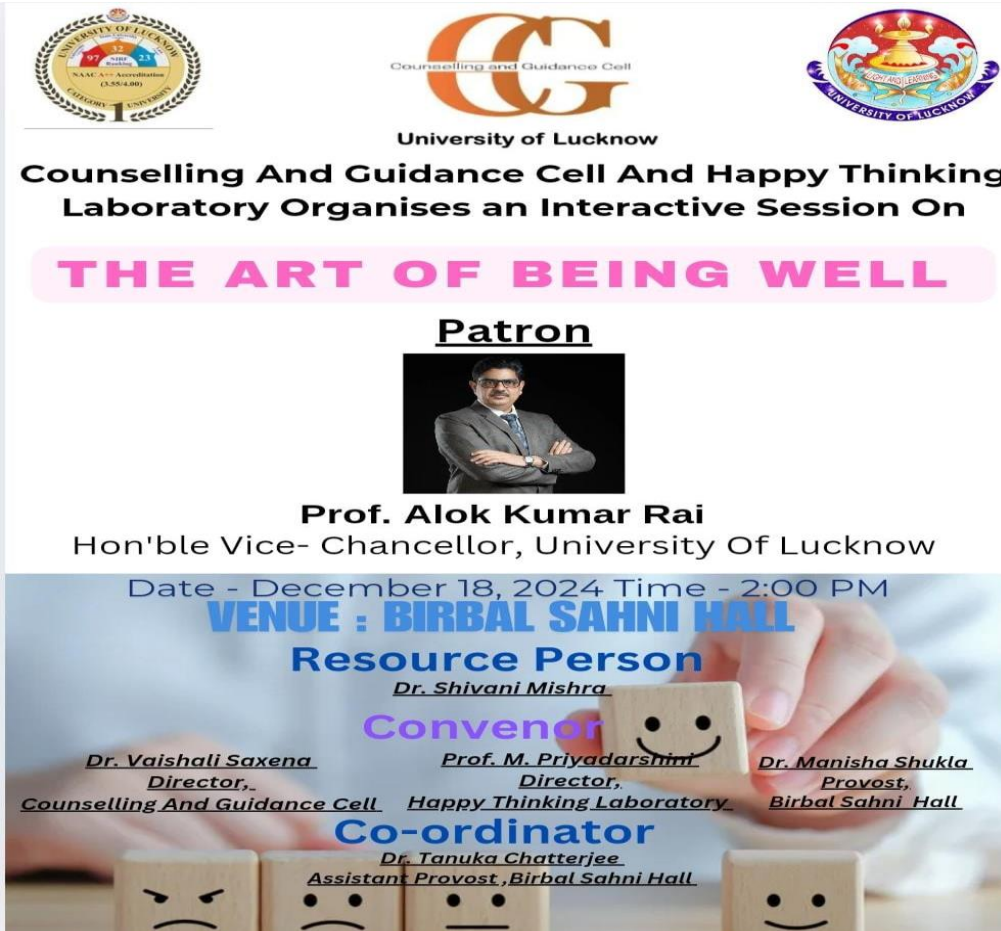





# REPORT- “THE ART OF BEING WELL”

On December 18, 2024, the Counseling & Guidance Cell (CGC), in collaboration with the Happy Thinking Laboratory (HTL) at the University of Lucknow, organized a thought-provoking and empowering event titled “The Art of Being Well.” The event took place at 2:00 PM in Birbal Sahni Hall, located within the hostel premises at the University of Lucknow, and was specifically aimed at the female students residing in the hall. The main goal of the event was to raise awareness about the significance of mental health and to encourage the practice of meditation as a means of promoting emotional well-being and self-care. Dr. Tanuka Chatterjee, Assistant Provost of Birbal Sahni Hall, oversaw the program, while Dr. Shiwani Mishra served as the chief speaker.




  

**Counselling and Guidance Cell**  
University of Lucknow

**Counselling And Guidance Cell And Happy Thinking Laboratory Organises an Interactive Session On**

**THE ART OF BEING WELL**

**Patron**



**Prof. Alok Kumar Rai**  
Hon'ble Vice- Chancellor, University Of Lucknow

Date - December 18, 2024 Time - 2:00 PM  
**VENUE : BIRBAL SAHNI HALL**

**Resource Person**  
Dr. Shiwani Mishra

**Convenor**

Dr. Vaishali Saxena  
*Director,*  
*Counselling And Guidance Cell*

Prof. M. Priyadarshini  
*Director,*  
*Happy Thinking Laboratory*

Dr. Manisha Shukla  
*Provost,*  
*Birbal Sahni Hall*

**Co-ordinator**  
Dr. Tanuka Chatterjee  
*Assistant Provost , Birbal Sahni Hall*

The primary objective of the event was to raise awareness about the significance of mental health and its profound impact on overall well-being. It aimed to highlight the importance of mental health in daily life, addressing its connection to academic performance, relationships, and personal happiness. Additionally, the event sought to promote meditation as a valuable tool for emotional well-being, stress management, and self-care. By introducing these practices, the program encouraged students to incorporate meditation into their routines to enhance mental clarity and emotional balance.



Dr. Mishra began the session by emphasizing the importance of understanding mental health, dispelling common myths, and breaking the stigma surrounding it. She discussed how mental health affects every aspect of life, including academic performance, relationships, and overall happiness. Dr. Mishra explained the scientific benefits of meditation, including stress reduction, enhanced focus, and emotional stability.



A highly interactive Q&A session followed, where students shared their experiences and challenges related to mental health. Dr. Mishra provided valuable insights and practical tips to address common mental health concerns, offering personalized advice to attendees. She guided the participants through a brief meditation exercise, allowing them to experience first-hand the calming and grounding effects of the practice.



Prof. M. Priyadarshini talked on "The Art of Being Well" emphasized the importance of nurturing mental health through self-awareness and mindfulness. She highlighted the role of meditation in managing stress, fostering emotional resilience, and promoting overall well-being, urging students to adopt practices that support both mental and physical health.

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Dr. Vaishali Saxena talked on "The Art of Being Well" focused on the connection between mental health and overall well-being. She emphasized the importance of self-care, mindfulness, and meditation in reducing stress and enhancing emotional balance, encouraging students to adopt healthy habits for a more fulfilled, balanced life.

Dr. Vaishali Saxena expressed sincere gratitude to Honourable Vice Chancellor Prof. Alok Kumar Rai, Chief Speaker Dr. Shiwani Mishra for her valuable insights and guidance. Dr. Saxena also extended appreciation to Director, HTL; Prof. M. Priyadarshini, and Assistant Provost, Dr. Tanuka Chatterjee for organizing such a meaningful event, emphasizing the importance of mental health awareness and self-care. She thanked all the participants for their active involvement and attention throughout the session.

### Attendance

18/12/24

Birbal Sahni International Centre  
Lectal

S.No.	Name	class/dept/contact	Email
	Utham Khattar	Institute of Food Processing and Food Technology	uthamkhat@fanzar.com
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