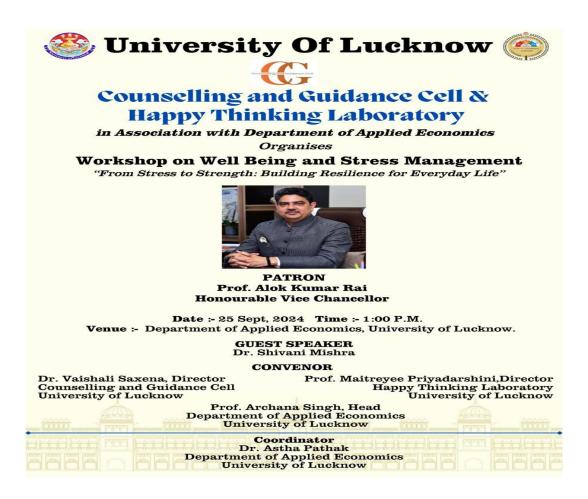
## **REPORT: "WORKSHOP ON WELL BEING AND STRESS MANAGEMENT"**

On September 25, 2024, a workshop titled "Well-Being and Stress Management" was held at the Department of Applied Economics, University of Lucknow. The workshop was organized by the Counselling and Guidance Cell in collaboration with Happy Thinking Laboratory, University of Lucknow aiming to equip participants with practical strategies for managing stress and enhancing overall well-being. The event was honored by the presence Dr. Shivani Mishra as the guest speaker.



Prof. Archana Singh, Head of the Department of Applied Economics at the University of Lucknow, highlighted the importance of sharing experiences and offering mutual support in managing stress. This event aimed to instill mental consciousness and promote sustainable practices among students, educators, and community member's alike.



Dr. Shivani Mishra delivered a comprehensive presentation on stress, its physiological and psychological effects, and the importance of well-being. Participants practiced mindfulness exercises, breathing techniques, and other stress-relief methods facilitated by Dr. Mishra. According to her depending on the type of meditation you practice, you can use it to relax and alleviate anxiety and stress.



The workshop aimed to achieve several key objectives. First, it sought to enhance understanding of the causes and effects of stress. Additionally, it aimed to introduce participants to effective stress management techniques. The workshop also focused on promoting well-being through practical exercises and discussions. Dr. Vaishali Saxena, Director CGC concluded the workshop, emphasizing the importance of well-being in academic and personal life. The collaboration between CGC and HTL, along with the expertise of Dr. Shivani Mishra, significantly contributed to achieving the workshop's objectives.



In her closing remarks, Dr. Vaishali Saxena expressed sincere gratitude to the Honourable Vice Chancellor, Prof. Alok Kumar Rai sir, Prof. M. Priyadarshini, Director of HTL, all participants, guest, organizers and coordinator Dr. Astha Pathak for their collaborative efforts that contributed to the event's success. It is recommended to organize follow-up sessions to reinforce the concepts learned and provide on-going support for stress management.

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