

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.



University Of Lucknow

Counselling and Guidance Cell & Happy Thinking Laboratory
in Association with Department of Applied Economics Organises

Workshop on Well Being and Stress Management
"From Stress to Strength: Building Resilience for Everyday Life"



PATRON
Prof. Alok Kumar Rai
Honourable Vice Chancellor

Date :- 25 Sept, 2024 Time :- 1:00 P.M.
Venue :- Department of Applied Economics, University of Lucknow.

GUEST SPEAKER
Dr. Shivani Mishra

CONVENOR

Dr. Vaishali Saxena, Director
Counselling and Guidance Cell
University of Lucknow

Prof. Maitreyee Priyadarshini, Director
Happy Thinking Laboratory
University of Lucknow

Prof. Archana Singh, Head
Department of Applied Economics
University of Lucknow

Coordinator
Dr. Astha Pathak
Department of Applied Economics
University of Lucknow

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.

22/9/24 Workshop on well being and Stress Management
(Department of Applied Economics)

Name	class / Dept / Contact	Feedback
Anukriti Pandey	M.com 3 rd sem.	Good.
Shivani Singh	M.COM 3 rd sem	Very good.
Anushka Dwivedi	M.COM 3 rd sem	Very good.
Garima Nigam	M.COM 3 rd sem	Good
Parvati Kanoyiya	M.COM 3 rd sem	Very good
Bhoomika Awasthi	M.com 3 rd Sem.	Very good.
Aditi Tripathi	M.com 3 rd Sem	Excellent
Jahnavi Kishorika	M.com 3 rd sem	Excellent
Divyanshi	H.com 3 rd sem	Good
Ashita Pandey	M.com 3 rd Sem	Good & Helpful
Shubh	M.com	Good
Akash Chauhan	M.com 3 rd Sem	Excellent
Ashita Yadav	M.com 3 rd Sem	Excellent
Anshika Tiwari	M.com 3 rd sem	Very good
Sakshi	M.com 3 rd sem	Good
Anannya Pandey	M.com 3 rd Sem	Excellent.
Beiya Yadav	M.com 3 rd Sem	Good
Shradha Yadav	M.com 3 rd Sem	Good
Akriti Gauri	M.com 3 rd sem	Very good
Khushi Verma	M.com 3 rd sem	Great.
Rajdeep Singh	M.com 3 rd sem	Good
Saurabh Pat	M.com 3 rd sem	Very Good
Anamika	M.com 3 rd sem	Good
Ayushi	M.com 3 rd Sem	Good
Namita Verma	M.com 1 st Sem	Very Good
Ashita Awasthi	M.com 1 st Sem	Very Good
Vaishali Rajput	M.com 1 st Sem	Very Good
Saurabh Mishra	M.com 1 st Sem	Very good
Ankush Kumar	M.com 1 st sem	Excellent
Swapnil Bharti	M.com 1 st sem	Great
Anandul Pandey	M.com 1 st Sem	Very Calming
Shreuti Pandey	M.com 1 st Sem	Excellent
Ashwini Khatoon	M.com 3 rd Sem.	Good.
A Green	M.com 3 rd Sem	Excellent

25/9/24

Name	class/Dept./Contact	Feedback
Maitraye	M.com 3 rd sem	Excellent
Tabish	M.com 3 rd Sem	Excellent
Deepika Singh	M.com 1 st semester	Excellent
Sadhna Gautam	M.com 1 st semester	Excellent
Kajal Kharwan	Ph.D Applied Eco	Good
Shaista Jamel.	Ph.D Applied Eco	Good
Satyam Dixit	M.com 3 rd sem	Excellent
Shweta	Ph.D Applied Eco	Shweta Helpful
Madhu Dwivedi	M.com Applied Eco. I Sem	Helpful
Sefal	M.com Applied Eco - I Sem	Too much helpful
Harshit Gupta	M.com Applied Eco - I Sem	Excellent
Nishu Pandey	M.com Applied Eco - 3 Sem	Helpful
Rashmi Rajput	M.com Applied Eco - 3 Sem	Good
Poochi Singh	M.com Applied Eco - 3 Sem	Good
Anushka Yadav	M.com (App. Eco.) 3 rd sem	Good
Vedangi Katyayan	M.com (App. Eco.) 1 st Sem	Excellent
Hastika Singh	M.com (App. Eco.) 1 st Sem	Excellent
Sadhvi	Ph.D (App Eco) 1 st Sem	Excellent
Sujata Singh	Ph.D (App Eco) 1 st Sem	Good
Kanika Verma	Ph.D (Applied Economics) 1 st sem	Great
Vibha Yadav	Ph.D (Applied Economics) 1 st Sem	Good
Chamar Yadav	M.com 3 rd Sem	Good
Vishal Madhesiya	M.com Eco sem 1	Good
Anand Vikram Singh	M.com Applied Economics Sem 1	Good
Harsh Singh	" " " "	V. Good
Harshvardhan	" " "	Excellent
Nisha	" " "	Excellent
Charul Singh	" " "	V good
Fatheen Bano	" " "	Excellent
Vaishnavi Shukla	" " "	Excellent
Priyanshu Rai	M.com App I Sem	Excellent
Abhishek Shukla	" " "	"
Pradisha Gupta	" " I Sem	Good
Shivangi Yadav	" " I Sem	"
Mohd. Shaeed	" " 3 rd sem	Excellent