

REPORT: A STEP TOWARDS MENTAL FITNESS(FREE BIOWELL TESTING CAMP)

The Counseling and Guidance Cell (CGC) and Happy Thinking Laboratory (HTL), in collaboration with the Department of English and Modern European Languages, University of Lucknow, organized an event titled "A Step Towards Mental Fitness: Free Biowell Testing Camp." This event took place on October 9, 2024, in the Happy Thinking Laboratory located in the ONGC Building. Its aim was to offer valuable resources and information to help individuals enhance their understanding of and improve their mental fitness.

The event highlighted Prof. Arvind Mohan, Dean of the Faculty of Arts, as the distinguished Chief Guest, alongside Dr. Anamika Mishra, GM, National Health Mission, as a Special Guest. Their participation greatly enriched the experience and offered valuable insights to all the participants.

UNIVERSITY OF LUCKNOW

Counselling And Guidance Cell and Happy Thinking Laboratory
In Collaboration
With Department of English and Modern European languages
Organize

A Step Towards Mental Fitness
(Free Biowell Testing Camp)

Patron



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

Date- 9 October 2024
Time- 9:30 AM

Venue- Happy Thinking Laboratory ,3rd floor ,ONGC building

Chief Guest **Special Guest**



Prof. Arvind Mohan
Dean, faculty of Arts



Dr. Anamika Mishra
GM, National Health Missior

Convenor
Dr Vaishali Saxena ,Director,Counselling and Guidance cell
Prof. M Priyadarshini ,Head,Department of English and Modern European Languages,Director(HTL)

The primary goal of this event was to promote mental fitness and well-being among university students and faculty. By offering free Biowell testing, participants were encouraged to gain insights into their mental health and overall well-being.



Professor Arvind Mohan emphasized the importance of mental fitness in today's fast-paced world during the "A Step towards Mental Fitness" camp. He highlighted how mental health significantly impacts academic performance and overall well-being. He encouraged participants to take proactive steps towards understanding their mental health, fostering a supportive community, and utilizing available resources. Professor Mohan urged everyone to prioritize self-care and seek help when needed; reinforcing that mental fitness is a vital component of personal and academic success.



Dr. Anamika Mishra expressed her appreciation for the "A Step towards Mental Fitness" camp, highlighting its crucial role in raising awareness about mental health. She emphasized the importance of early intervention and accessible resources for mental well-being. Dr. Mishra encouraged participants to engage actively in discussions and utilize the Biowell

testing to better understand their mental fitness. She reiterated that prioritizing mental health is essential for a healthier, more resilient community.



Prof. M. Priyadarshini, Director of HTL emphasized the importance of our mental fitness, highlighting the need for mental health awareness in educational settings. She encouraged participants to embrace the resources offered, engage in self-reflection, and prioritize their mental well-being for a healthier and more fulfilling academic experience. The free Biowell camp provided participants with insights into their mental and physical health, promoting awareness and understanding of mental fitness through personalized assessments and valuable resources for improvement.





Dr. Vaishali Saxena, Director, Counselling and Guidance Cell delivered the vote of thanks at the event, expressing heartfelt gratitude to Honorable Vice Chancellor Prof. Alok Kumar Rai Sir, chief guest Prof. Arvind Mohan, special guest Dr. Anamika Mishra, Head of the Department of English and Modern European Languages Prof. M. Priyadarshini, coordinators and all participants for their collaborative efforts that made the event a success.

Attendance

<u>9/10/24</u>	<u>Biowell Testing Students</u>	<u>(Venue HITL)</u>
1)	Vaishnavi Singh - (9519142496)	
2)	Kamna Gupta - 8874379061	
3)	Akrati Dubey - 9119841709	
4)	SHIVAM KUMAR SINGH - 9918130155	
5)	Shivendra Kumar Pandey (8931854699)	
6)	Riya Srivastava (7860586770)	
7)	Ayush Kumar Prajapati - (8127245939)	
8)	Shajali Verma - (6389481353)	
9)	UZMA KHAN - 7355213650	
10)	ARISHA - 7985178514	
11)	Anjali Chaturvedi - 8415044745	
12)	Surbhi Pandey - 8005276308	
13)	Dhanesh Saroj - 8382882686	
14)	Ahish Aci - 9140159549	
15)	Saumya Agrahari - 8601758864	
16)	Shruaddha Shukla - 9648172734	
17)	Ramsha Naaz - 9651432287	
18)	Nitish Kumar Singh - 9532259109	
19)	<u>Rohit Yadav</u> - 7355593862	
20)	Ashita Pandey - 9984017724	
21)	Dharmendra Kumar - 8009355805	
22)	Rahul Bajpai - 8604850741	
23)	Rajkumar Verma - 9565141210	
24)	Manisha Pal - 8448501136	
25)	Puneet Palthak - 9343471171	
26)	Surati Kaishya - 9759630933	
27)	Vineet Dubey - 8423380429	
28)	Shabli Singh - 8858183329	