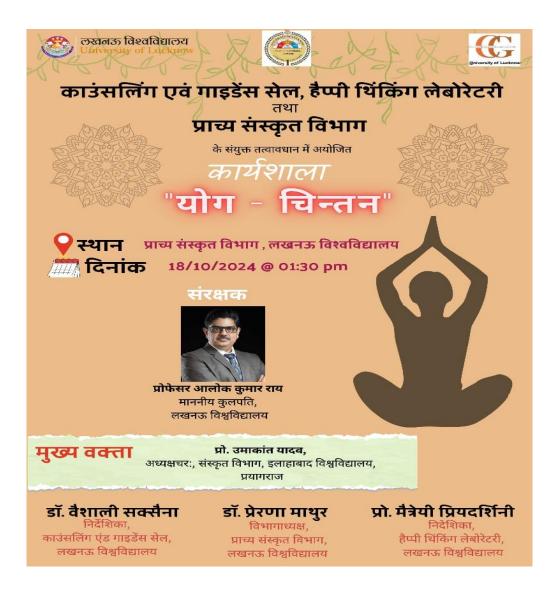
REPORT: "WORKSHOP ON YOGA-CHINTAN"

On October 18, 2024, a workshop titled "Yoga-Chintan" was held at the Department of Oriental Studies in Sanskrit at the University of Lucknow. Organized by the Counseling and Guidance Cell (CGC) in collaboration with the Happy Thinking Laboratory (HTL), the workshop aimed to provide participants with insights into the practices and philosophies of yoga, emphasizing its role in enhancing both physical and mental fitness. The workshop featured a distinguished session led by Chief Speaker, Prof. Umakant Yadav from the Sanskrit Department at the University of Allahabad. Prof. Yadav, renowned for his expertise in yoga and ancient Indian philosophies, engaged participants with a comprehensive exploration of yoga's principles and its significance in modern life.



Prof. Yadav began by discussing the historical and philosophical foundations of yoga, tracing its origins in ancient texts. A significant focus was placed on the mental and emotional benefits of yoga, highlighting techniques for stress reduction and enhanced focus.



The workshop saw enthusiastic participation from students and faculty members, who actively engaged in discussions and practical sessions. Attendees expressed appreciation for Prof. Yadav's insightful lectures and practical demonstrations, which enriched their understanding of yoga as a holistic practice. The "Yoga-Chintan" workshop aimed to enhance awareness and understanding of yoga's principles and practices, highlighting its benefits for both physical and mental fitness. The workshop focused on educating participants about the philosophical foundations of yoga and its contemporary relevance. It included demonstrations of yoga asanas and techniques to improve physical health and flexibility, while also emphasizing the importance of mental well-being by providing strategies for stress reduction

and mindfulness. Additionally, the workshop encouraged self-reflection, urging participants to prioritize their mental and emotional health.



Prof. M. Priyadarshini, Director of HTL, emphasized the significance of mental fitness during the "Yoga-Chintan" workshop. She highlighted the critical need for mental health awareness within educational environments. Encouraging participants to utilize the resources available, she urged them to engage in self-reflection and prioritize their mental well-being to enhance their academic experience. The workshop's focus on yoga not only offered insights into physical health but also promoted an understanding of mental fitness, providing personalized assessments and valuable resources for improvement.



Dr. Vaishali Saxena, Director of the Counseling and Guidance Cell, delivered the vote of thanks at the event, expressing sincere gratitude to Honourable Vice Chancellor Prof. Alok Kumar Rai, Chief Speaker Prof. Umakant Yadav, Dr. PrernaMathur, and Head of the Department of Oriental Studies in Sanskrit, and Prof. M. Priyadarshini, Director of the Happy Thinking Laboratory. She also thanked the coordinators and all participants for their collaborative efforts that contributed to the event's success.





The Counseling and Guidance Cell and Happy Thinking Laboratory look forward to organizing more such workshops to promote mental and physical health in the university community.

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