



## 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.





लखनऊ विश्वविद्यालय  
University of Lucknow




CGC  
University of Lucknow

### काउंसलिंग एवं गाइडेंस सेल, हैप्पी थिंकिंग लेबोरेटरी तथा प्राच्य संस्कृत विभाग


के संयुक्त तत्वावधान में अयोजित  
**कार्यशाला**  
**"योग - चिन्तन"**

 **स्थान** प्राच्य संस्कृत विभाग, लखनऊ विश्वविद्यालय  
 **दिनांक** 18/10/2024 @ 01:30 pm

**संरक्षक**



**प्रोफेसर आलोक कुमार राय**  
माननीय कुलपति,  
लखनऊ विश्वविद्यालय



**मुख्य वक्ता** **प्रो. उमाकांत यादव,**  
अध्यक्षचरः, संस्कृत विभाग, इलाहाबाद विश्वविद्यालय,  
प्रयागराज

<b>डॉ. वैशाली सक्सैना</b> निदेशिका, काउंसलिंग एंड गाइडेंस सेल, लखनऊ विश्वविद्यालय	<b>डॉ. प्रेरणा माथुर</b> विभागाध्यक्ष, प्राच्य संस्कृत विभाग, लखनऊ विश्वविद्यालय	<b>प्रो. मैत्रेयी प्रियदर्शिनी</b> निदेशिका, हैप्पी थिंकिंग लेबोरेटरी, लखनऊ विश्वविद्यालय
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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. Prerna Mathur, 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.



18/10/24

Department of Sanskrit

(योग-निवेदन)

Name	dept./Class/Contact	Feedback
सोहरिण्ड	प्राच्य संस्कृत वि० - शास्त्री ५-सेमेस्टर	B.O.S.T
यश शर्मा	प्राच्य संस्कृत वि० - शास्त्री ५-सेमेस्टर	Very nice
अक्षय दुबे	प्राच्य संस्कृत वि० - शास्त्री I सेमेस्टर	Very nice
राजीव कुमार झा	प्राच्य संस्कृत वि० - शास्त्री ५-सेमेस्टर	610001
अश्विनी अवरगी	प्रा.सं. वि०	शास्त्री तृतीय से० अति उत्तम
श्री. अश्वला	प्रा. सं. वि०	शास्त्री तृतीय से० बहुत उत्तम
अमल कुमार मिश्रा	प्रा. सं. वि०	आचार्य, प्रथम वर्ष अति उत्तम
अमरा पाण्डेय	प्रा. सं. वि०	शास्त्री प्रथम सेमेस्टर अति उत्तम
स्वर्णिमा मादक	प्रा. सं. वि०	पी.एच.डी. (शोधार्थी) अति उत्तम
अनीषा पाठक	प्रा. सं. वि०	"
सुनील मिश्रा	प्रा. सं. वि०	आचार्य प्रथम वर्ष
शैलिका पाण्डेय	प्रा. सं. वि०	शास्त्री प्रथम वर्ष
नितीश मिश्रा	"	"
डॉ० अनीषा कुमारी	"	"
डॉ० रीतु यदव	"	"
ईशान सिंह	"	"
पूजा मिश्रा	"	"
अदिता त्रिपाठी	"	"
अविनाश चन्द्रकुमार	प्राच्य संस्कृत विभाग	आचार्य प्रथम वर्ष
भास्कर	"	पी.एच.डी.
डॉ० राधिका पाण्डेय	"	पी.एच.डी. (शोधार्थी)
रिधा मिश्रा	"	पी.एच.डी.
पुष्पाक्षय कल पाण्डेय	"	पी.एच.डी. (शोधार्थी)
शुभ्र कुमार शर्मा	"	आचार्य प्रथम वर्ष
रामशर्मा	"	आचार्य प्रथम वर्ष
जयकृष्ण कुमार	"	आचार्य तृतीय सेमे०
		आचार्य तृतीय सेमे०