

REPORT: A WORKSHOP ON “TECHNIQUES OF MINDFULNESS”

The Counselling and Guidance Cell (CGC) and Happy Thinking Laboratory (HTL), in association with the Department of English and Modern European Languages, University of Lucknow, organized a Workshop titled "Techniques of Mindfulness" with the goal of providing participants with practical tools and techniques to incorporate mindfulness into their daily lives. This event took place on October 25, 2024, in the Department of English and M.E.L, University of Lucknow. The event featured 'Miss Vasundhara Sharad Shukla' as the esteemed guest speaker, enriching the experience and offering valuable insights to all attendees.



Happy Thinking Laboratory and Counselling & Guidance Cell
in association with **Department of English and M.E.L**
are organizing a workshop on
"Technique of Mindfulness"

Patron

Prof. Alok Kumar Rai
Hon'ble Vice-Chancellor
University of Lucknow

Date :25/10/2024
Time :2:00-3:00PM

Venue: Smart Lab,
Department of English
and M.E.L

Chief Speaker : Vasundhara Sharad Shukla
(Expert)

Convener
Prof.M.Priyadarshini,
Director,HTL and Head,
Department of English and M.E.L

Convener
Dr.Vaishali Saxena,
Director, Counselling &
Guidance Cell

Miss Vasundhara delivered an insightful talk on the significance of mindfulness and its transformative potential. Her expertise in the field enriched the experience for all participants and set the tone for the session. This workshop, led by Miss Vasundhara Shukla, was an enriching experience for all attendees. The combination of insightful talks, practical exercises, and Miss Shukla's expert guidance made the session both informative and transformative. Participants left with a deeper understanding of mindfulness and concrete tools to integrate into their daily lives.

The positive feedback, combined with the high level of participant engagement, suggests that mindfulness is a valuable practice for improving mental health, emotional well-being, and overall life satisfaction.

Prof. M. Priyadarshini, Director, HTL and Head, Department of Department of English and M.E.L at the University of Lucknow, emphasized the significance of the workshop and her broader perspective on the importance of mindfulness.



Prof. Priyadarshini's opening address highlighted the importance of mindfulness as a critical tool for academic, professional, and personal growth, while Miss Shukla's practical demonstrations helped participants connect theory to practice. The workshop provided

valuable tools for integrating mindfulness into daily life, and the feedback indicates a strong desire for continued learning and engagement in mindfulness practices."Miss Shukla's calm and approachable style made it easy to follow along with the mindfulness exercises. The breathing techniques were incredibly helpful for calming our mind during stressful moments. Participants appreciated the practical, hands-on nature of the workshop.



The workshop aimed to introduce participants to mindfulness, its core principles, and practical techniques like breathing exercises, body scans, and mindful observation. It explored the mental, emotional, and physical benefits of mindfulness, highlighting its positive impact on well-being. Participants were provided with strategies to integrate mindfulness into daily routines, whether at work, home, or in social settings. Practical tips on incorporating mindfulness into daily routines, such as mindful eating or mindful listening, gave participants easy ways to continue practicing after the workshop. The workshop also sought to foster a

supportive community where participants could connect, share experiences, and support each other on their mindfulness journeys.



Prof.M.Priyadarshini delivered the vote of thanks at the workshop, expressing gratitude to all participants, organizers, and the guest speakers for their valuable contributions. She recognized and appreciated the contributions of everyone present for making the event a success. Dr. Saxena emphasized the importance of the insights shared during the workshop and encouraged attendees to apply the strategies discussed to enhance their mental and overall well-being.



In the closing remarks, Prof.M.Priyadarshini expressed sincere gratitude to the Honourable Vice Chancellor, Prof. Alok Kumar Rai sir, Director of CGC Dr. Vaishali Saxena, guest Speaker Miss Vasundhara Sharad Shukla, all participants and organizers for their collaborative

efforts that contributed to the event's success. Based on the success of this event, future workshops and follow-up sessions focusing on advanced mindfulness techniques are highly anticipated.

ATTENDANCE

25/10/24 Techniques of Mindfulness
(venue → Smart Lab, Dept of English and M.E.L)

SNo.	Name	Class	Department	Mobile No.	Email	Feedback.
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5	Animesh Giri	Ph.D	"	801685810	hetimil@gmail.com	Excellent
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16	Aparna Srivastava	M.A	"	979286498	aparnasrivastava2@gmail.com	Mindful
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19	Vaibhavi Pandey	M.A	"	7307521355	Vaibhavi.pandey6393@gmail.com	Engaging
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