

# REPORT: WORKSHOP ON MEDITATION AND WELLNESS

On November 26-27, 2024, Happy Thinking Laboratory (HTL) in collaboration with Counselling and Guidance Cell (CGC) organized two days' workshop titled "Meditation and Wellness" in HTL, ONGC Building, University of Lucknow. The workshop aimed to equip students with effective meditation strategies and emphasizing its role in enhancing both physical and mental fitness. The event featured Dr. Shiwani Mishra as the Event Facilitator, who shared valuable insights and enriched the experience for all participants.

 **लखनऊ विश्वविद्यालय**  
**University of Lucknow**  
(Accredited A++ by NAAC)

 **Counselling and Guidance Cell**  
University of Lucknow

**HAPPY THINKING LABORATORY**  
**University of Lucknow**  
in Collaboration with

**COUNSELLING & GUIDANCE CELL**  
is organizing a  
**Workshop**  
on

**Meditation and Wellness**  
26th-27th November, 2024

**Meditation Facilitator: Dr. Shiwani Mishra**

Venue: H.T.L., ONGC Building,  
University of Lucknow  
Time: 12:30–3:00 pm

Registration fee Rs.500/-  
Certificates will be given to  
every registered participant



**Conveners**  
Prof. M. Priyadarshini,  
Director H.T.L. & Head,  
Dept. of English & M.E.L.  
Dr. Vaishali Saxena,  
Director C.G.C.

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**Prof. Alok Kumar Rai**  
Patron  
Honourable Vice-Chancellor  
University of Lucknow

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For any query please contact:  
+91 88530 70374

The first day of the workshop introduced students to the importance of mental well-being in the academic journey. Dr. Shiwani Mishra, the event facilitator, began by emphasizing the role of mindfulness and meditation in achieving focus, reducing stress, and improving cognitive abilities. The session provided an overview of the scientific benefits of meditation and its positive impact on study habits.

The event began with the traditional lighting of the lamp, a symbolic gesture to mark the inauguration of the workshop. This auspicious ceremony set a positive tone for the two-day event and was followed by welcoming remarks.





On the second day of the workshop, Dr. Shiwani Mishra focused on the concept of chakras and their significance in promoting mental and physical well-being. She explained how the seven main chakras, or energy centers in the body, influence our emotions, stress levels, and overall health. Dr. Mishra discussed how blockages or imbalances in these chakras could affect concentration, mood, and even academic performance. She guided participants through exercises and meditative practices designed to help them balance and activate their chakras, aiming to enhance focus, reduce anxiety, and improve their overall sense of well-being. This session provided students with a deeper understanding of how aligning their chakras could support both their mental clarity and academic success.



Key activities during the workshop included an introduction to meditation, where Dr. Mishra guided participants through basic techniques aimed at calming the mind and enhancing concentration. She also taught simple yet effective breathing exercises to help students manage stress and anxiety, which are common challenges for those preparing for competitive

exams. Additionally, the session emphasized the importance of mental awareness, encouraging attendees to stay present during their study sessions and adopt mindful learning techniques to improve focus and retention.



Professor M. Priyadarshini addressed the participants, emphasizing the importance of meditation and wellness for students. She highlighted how regular meditation practices can significantly enhance mental clarity, reduce stress, and improve overall well-being, which is essential for academic success. Professor Priyadarshini explained that a healthy mind and body are crucial for students to maintain focus, manage exam pressures, and boost their performance. She encouraged students to incorporate meditation, mindfulness, and wellness routines into their daily lives to not only excel in their studies but also maintain a balanced and healthy lifestyle.

Dr. Vaishali Saxena, Director of the Counseling and Guidance Cell, delivered the vote of thanks at the event, expressing sincere gratitude to Honorable Vice Chancellor Prof. Alok Kumar Rai, Event Facilitator, Dr. Shiwani Mishra, 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 “Meditation and Wellness” workshop successfully achieved its goal of equipping students with valuable tools for improving both their academic performance and mental wellbeing. Dr. Shiwani Mishra's expert guidance and the integration of wellness practices



provided the students with a holistic approach to academic success. The collaboration between Happy Thinking Laboratory (HTL) and the Counselling and Guidance Cell (CGC) was a great success, and the participants left with a sense of empowerment, feeling more equipped to handle the stresses of academic life and competitive exams.

## ATTENDANCE

26/Nov/2024 (Meditation and Wellness)				27/Nov/24			
S.No	Name	Contact/Dept./Class	Email	S.No	Name	Contact/Dept./Class	Email
01	Ladne Hildah Lertawe	92620408716/Comm's/BA/HTL	ladnehildah@gmail.com	01	Shivam Rawat	9305737302/Eng./P.D	shivamsaundh192@gmail.com
02	Abhishek Dhillon	9129765103/B.Com/Commerce	abhishek@gmail.com	02	Pr. Nazam Khan	933090402/Eng./MEL	nazamkhan@gmail.com
03	Ejygnia Gabriel	9670388502/B.Com/COMMERCE	ejygnia@gmail.com	03	Dhanraj	956622429/Ph.D./English	dhanraj7359@gmail.com
04	Sonoo Lal	9140661221	sonoolal@gmail.com	04	Akhilendra Kumar	9936374190/LL.B	akhilendra3@gmail.com
05	Alok Kumar	922049507/Ph.D./English	alokkumar01@gmail.com	05	Nandini Saini	9198115151/Abhiday	nandinisaini212@gmail.com
06	Aditya Kr. Yadav	93051347801/Abhiday	adityayadav@gmail.com	06	Aditya Yadav	9005144601/Abhiday	adityayadav@gmail.com
07	Dhanraj	9956622429/Ph.D./Eng.	dhanraj7359@gmail.com	07	Alok Kumar	922049507/Eng./Ph.D	alokkumar01@gmail.com
08	Sultana Rajia	8389037389/Ph.D./Eng.	sultana@fms512@gmail.com	08	Sultana Rajia	8389037389/Eng./Ph.D	sultana@fms512@gmail.com
09	Kavitha Bhatt	839890886	kavithabhatt92@gmail.com	09	Sonoo Lal	9140661221	sonoolal@gmail.com
10	Shivam Rawat	9305737302/Ph.D./Eng.	shivamsaundh192@gmail.com	10	Kavitha Bhatt	839890886/Ph.D./Eng.	kavithabhatt92@gmail.com
11	Shubhangi Soni	8948448899/Ph.D./English	shubhangisoni@gmail.com	11	Shubhangi Soni	8948448899/Ph.D./Eng.	shubhangisoni229@gmail.com
12	Nandini Saini	9198115151/Abhiday	nandinisaini212@gmail.com		Pratibha Choudhary	9305730531/B.Tech./M.Tech	pratikchoudhary@gmail.com
13	Gajendra Kumar	7071326902/Ph.D./Ph.D.	gajendra730@gmail.com		Satyam Vasudevan	9022822224/Abhiday	satyamvasudevan1330@gmail.com
14	Arjunesh Guri	8016865810/Ph.D./Eng.	arjunesh19@gmail.com		Ejygnia Gabriel	9670388502/B.COM	ejygnia@gmail.com
15	Natid Bano	9219174466/9014470770	natidbano123@gmail.com		Ladne Hildah Lertawe	9262040871/BA/HTL	ladnehildah21@gmail.com
16	Shubham Singh	9984747276/Abhiday	shubham007@gmail.com		Abhishek Dhillon	9129765103/B.COM	abhishek@gmail.com
17	Dr. Nisha A. Saha	9955545300/English	nishaahand17@gmail.com		Rohan Kumar	9956549527	rohankumar@gmail.com
18	Dr. Arpita Anwar Khasi	8803691683/Ph.D./English	arpitaanwar@gmail.com				
19	Rohan Kumar	9956549527/Ph.D./English	rohankumar@gmail.com				
20	Dr. Poornam Rani Bhatnagar	8423436471/Ph.D./Psychology	poornambhatnagar@gmail.com				
21	Dr. Ranjeet Kaur	9936769030/Education	dr.ranjeet2014@gmail.com				
22	Dr. M. Rajesh	9226745591/Ph.D./English	m.rajesh@gmail.com				
23	Pr. Nazam Khan	933090402/Eng./MEL	nazamkhan@gmail.com				
24	Chetka Singh	9307252530/Ph.D./Ph.D.	chetka14121998@gmail.com				
25	Faisal Anwar	9307252530/Ph.D./Ph.D.	faisal@gmail.com				
26	Rishi Kumar	9953565895/Ph.D./Ph.D.	rishikumar@gmail.com				