



Happy Thinking Laboratory
in collaboration with
*Department of English and Modern
European Languages*
and
Department of Psychology
organizes
Workshop

on
*“Workplace Spirituality
for Happiness”*

on
23rd December, 2023
12 pm onwards

Prof. M. Priyadarshini
Director
Happy Thinking Laboratory

Prof. Madhurima Pradhan
Technical Expert,
Happy Thinking Laboratory

Dr. Archana Shukla
Head,
Department of Psychology

Report

A workshop on “Workplace Spirituality to promote happiness and well-being” was organized by Happy Thinking Laboratory in collaboration with Department of English Modern European Language and Counselling & Guidance Cell and Department of Psychology University of Lucknow on 23rd Dec.2023 at 1:00 PM.

The theme of workshop was elaborated by Prof. M. Priyadarshini, Director, Happy Thinking Laboratory. She emphasized that *Vasundhaivkutumbkam* and *Viksit Bharat* are related and one has to pursue the concept of evaluation to understand each concept and to execute them is must and every individual has to indulge in *Swachintan* which is a way to evaluate self. Prof. Madhurima Pradhan, Technical Expert, Happy Thinking Laboratory spoke about the vision of *Viksit Bharat* of Hon'ble Prime Minister Narendra Modi mentioned *Sangathan Sukt* which emphasizes that we have to work in teams not only for the development of self but also for the development of society and community. Only a responsible citizen can contribute to the mission of *Vikshit Bharat*. Prof. Madhurima Pradhan conducted small exercise of Om Chanting, deep breathing and relaxation in the silence room of Happy Thinking Laboratory. Only a person with relaxed mind can achieve the meaningful goal in life. Dr. Hanshika Singhal helped the participates to do certain physical stretching exercises for deeper and fuller breathing. She also got herself tested on Bio-Well camera and understood the report.

Dr. Archana Shukla, Haed, Psychology Department spoke about the value of understanding one's strengths and weaknesses to be effective and achieve life goals.

Dr. Manini Shrivastava emphasized in the importance of self-awareness for a sound foundation of self, society and nation.

Dr. Megha Singh emphasized to follow one's own journey of self-growth as it is a process. Anything should not be done under pressure rather it should be one's own choice.

Dr. Abhishek Jaiswal narrated a poem “*Saath Chaloge Kya*” which imparted the message that although walking together is a difficult journey but it is a possible if people accept the challenge of pain and suffering in walking together. This is the key to team work.

Mr. David emphasized that the vision of *Viksit Bharat* is a road map for the sustainable growth of our country.

Amogh Srivastava, Student of MA 3rd Sem English Literature spoke about individual's growth which should be based on one's personal abilities.

Prince Chauhan narrated the poem by Jaishankar Prasad “*Nari Tum Keval Shradha Ho*”

Sarita Verma recited a poem on value of thoughts in one's life. Teacher and students of various departments, Department of English, Psychology and Women Studies.





