

A VISIT OF FULBRIGHT TEAM TO HAPPY THINKING LABORATORY

The Fulbright team of professors, students and nursing staff from USA visited Happy Thinking Laboratory (HTL) on 4th March, 2024 at 2pm. They were welcomed by the Director of HTL Prof. M. Priyadarshani, Director of Counselling & Guidance Cell Dr. Vaishali Saxena, and Founder Director & technical expert of HTL Prof. Madhurima Pradhan.

Then a lamp in front of Goddess Saraswati was lighted up. The guests visited to research room and got themselves tested on Biowell. After this, the guests participated in meditation session was conducted by Abhijeet Singh, expert of sound healing.



Happy thinking laboratory, Lucknow University, organised an enlightening excursion of Fulbright scholars to the Brahma Kumaris center in Gomti nagar, Lucknow on 5th March 2024. The session unfolded a profound discourse on life and the significance of meditation by Priyata Kumar, Soni Bahen and the Head of Brahmakumaris Ishwariya Vishwavidyalaya, Vipulkhand, Gomti nagar, Radha Behan, a seasoned practitioner at the center, graciously elucidated the inner workings of life and the transformative power of meditation.

The visit was orchestrated by Professor Madhurima Pradhan, the esteemed Founder Director & Technical Expert of the Happy Thinking Laboratory at the University of Lucknow. Professor Pradhan,

known for her innovative approaches to mental well-being, shared insights about the Happy Thinking Lab, a pioneering initiative within the university aimed at fostering positive thinking and emotional resilience among students and faculty.

During the visit, the visitors participated in a dialogue that delved deep into the essence of meditation and its pivotal role in navigating life's complexities. Radha Bahen's wisdom resonated profoundly as she expounded upon the practice of meditation as a means to attain inner peace, clarity of thought, and spiritual elevation.

Professor Madhurima Pradhan's presence added an academic dimension to the discussion, as she elaborated on the scientific basis of meditation and its therapeutic benefits. Her dedication to promoting mental wellness through initiatives like the Happy Thinking Laboratory underscored the importance of integrating mindfulness practices into educational curriculum.

The visit culminated in a heartfelt expression of gratitude to Professor Madhurima Pradhan, Rajiv Pradhan, and Dr. Madri for orchestrating such a meaningful and enriching experience. The event served as a reminder of the profound impact that collaborative efforts between academia and spiritual institutions can have in nurturing holistic well-being and fostering a culture of inner harmony and peace.

In essence, the Fulbright Scholar's visit to the Brahma Kumaris centre in association with Lucknow University was a testament to the transformative power of meditation and the profound synergy between academic inquiry and spiritual wisdom in fostering a more enlightened society.





After visiting the Brahmakumari center, the Fullbright team also visited DRISHTI SAMAJIK SANATHAN Jankipuram Extn., Lucknow

This center is a mission established by Late Mrs. Neeta Bahadur in 1990, dedicated to free welfare of the specially-abled, honored with various prestigious awards at National Level and nominated by Hon'ble High Court of Allahabad for welfare & rehabilitation of mentally challenged children.

Mrs. Neeta Bahadur, at an age of just 23 years, chose to serve the society after quitting a career in Journalism and established Drishti Samajik Sansthan. In the last about 25 years, she had accomplished the near-impossible task of making more 4000 visually-impaired, hearing and speech-impaired, mentally and physically-challenged, and multiple-disability-affected children stand on their own feet and lead an almost independent life.

US students visit Drishti Sansthan

At least 15 students from various universities of the United States who have bagged Fulbright scholarships, along with their professors, visited Drishti Samajik Sansthan on Tuesday. Led by former head of psychology department, Lucknow University, M Pradhan, and Rajshekhar Vangapaty from State University of New York, they spent time with about 260 special children at the sansthan.







