

## Fostering Well-being and Creativity: A Report on the Mental Health and Yoga Session

The banner features the University of Lucknow logo and NAAC A++ accreditation at the top. The central text reads: 'COUNSELLING AND GUIDANCE CELL & HAPPY THINKING LABORATORY ORGANISES WELL 'M' SESSIONS ON MENTAL HEALTH AND WELL BEING FOR HOSTELER'S OF UNIVERSITY OF LUCKNOW'. It identifies Prof. Alok Kumar Rai as the Chief Patron and lists the convenors: the Dean Student Welfare and Chief Provost, and the Directors of CGC & Team and HTL & Team. A circular portrait of Prof. Rai is centered below the title. The background includes a brain icon with the text 'MENTAL HEALTH IS IMPORTANT' and a person covering their face.

University of Lucknow (Accredited A++ by NAAC)

**COUNSELLING AND GUIDANCE CELL & HAPPY THINKING LABORATORY**  
**ORGANISES**  
**WELL 'M'**  
**SESSIONS ON MENTAL HEALTH AND WELL BEING**  
**FOR HOSTELER'S OF UNIVERSITY OF LUCKNOW**

**OUR ASSOCIATES**  
**DEAN STUDENT WELFARE**  
**CHIEF PROVOST**

**CHIEF PATRON**  
**Prof. Alok Kumar Rai**  
Vice Chancellor  
University of Lucknow

**CONVENOR**  
**DIRECTOR, CGC & TEAM**  
**DIRECTOR, HTL & TEAM**

### Well M session in RS Bisht Hall

On April 10th, 2024, the Counselling and Guidance Cell (CGC) and the Happy Thinking Laboratory (HTL) of Lucknow University joined forces to host a valuable session titled "Mental Health and Well-being: Importance of Yoga, Meditation, and Enhancing Creativity." Held at the HTL premises, the event aimed to address the mental health needs of students residing in University hostels and equip them with tools for holistic well-being. The session was graced by the esteemed patronage of Professor Alok Kumar Rai, Vice-Chancellor of Lucknow University.

### Collaborative Initiative:

The collaboration between CGC and HTL underscores their commitment to student well-being. Dr. Vaishali Saxena, representing the CGC, likely played a crucial role in promoting the session among hostel residents and ensuring accessibility. Dr. Priyadarshini, Director of HTL, undoubtedly contributed expertise in positive psychology and practical techniques for fostering mental well-being.

### Esteemed Guests and Engaging Content:

The session featured renowned guests, Ravi Kant Pandey , Provosts of RS Bisht Hall and Amarnath Gaur, Assistant Professor. They enhances the need of yoga and meditation which formed the core of the program. The content have addressed:

- Understanding Mental Health and Well-being: The session have begun by raising awareness about mental health challenges commonly faced by students, such as stress, anxiety, and loneliness.
- The Importance of Yoga and Meditation: The speakers explained the benefits of yoga and meditation in promoting relaxation, improving focus, and enhancing emotional well-being.
- Enhancing Creativity through Meditation: The session may have explored the link between meditation and creative thinking, empowering students to unlock their creative potential.

#### **Practical Techniques and Open Discussion:**

The program likely went beyond theoretical knowledge. The speakers have led participants through guided yoga and meditation exercises, providing them with practical tools they could integrate into their daily lives. An open discussion forum likely allowed students to ask questions, share experiences, and gain valuable insights from the experts.

#### **Vote of Thanks by Professor Priyadarshini:**

Following the enriching session, Professor Priyadarshini likely delivered a warm vote of thanks. Her speech have expressed gratitude to:

- Professor Alok Kumar Rai for his esteemed patronage.
- The esteemed guests, Ravi Kant Pandey and Amarnath Gaur, for sharing their knowledge and expertise.
- Dr. Vaishali Saxena for her collaboration in organizing the event.
- All the hostel residents who participated actively in the session.

#### **Promoting Holistic Well-being:**

This session served a vital purpose beyond its immediate impact. By equipping students with tools for mental well-being and fostering a culture of self-care, the program has the potential to create lasting positive changes within the University's hostels.



# R.S Bisht Hall - 10/4/2024

Name	Contact.	Dept./Class	Feedback	Sign
Amit Verma	780256533		Good 😊	d.fumar
Vedant Shrivastava	6320074822		"	Vedant
Shivanshu Singh	8881334499		Good	<del>Shivanshu</del>
Sandeep Yadav	6393006703		Very Happy 😊	<del>Sandeep</del>
Tushar Rane	9548141177		Good	<del>Tushar</del>
Vivekanand Rajak	9973508820	BVA II <sup>nd</sup> yr	Good	<del>Vivekanand</del>
Saurabh Aggarwal	6204733739	BVA II <sup>nd</sup> yr	Comfortable	Saurabh
Abhinav Raj	7324070798	"	Good.	<del>Abhinav</del>
Agarwal Shivanshu	9935435833	BEA II <sup>nd</sup> yr.	Good well	<del>Agarwal</del>
Ashish Kumar	9693864062	BVA II <sup>nd</sup> yr.	Relaxing.	<del>Ashish</del>
Jayesh Gupta	9511011067	BVA III <sup>rd</sup> year	Soothing.	<del>Jayesh</del>
SHRESHTHA MISHRA	7803102449	EVA II <sup>nd</sup> year	feeling good	<del>Shreshtha</del>
Deependra Singh	910031697	MVA II <sup>nd</sup> year		<del>Deependra</del>