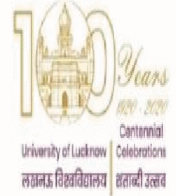




University of Lucknow लखनऊ विश्वविद्यालय



Counselling and Guidance Cell in Association with Happy Thinking Laboratory

NURTURE YOUR INNER CHILD



Patron

Prof Alok Kumar Rai

Hon'ble Vice-Chancellor

University of Lucknow



Convenor

Dr Vaishali Saxena

Director

Counselling and Guidance Cell



Convenor

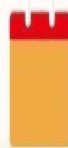
Prof Matrayi Priyadarshini

Director

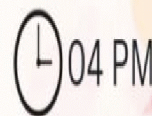
Happy Thinking Laboratory



Happy Thinking
Laboratory



August 5th,
2023

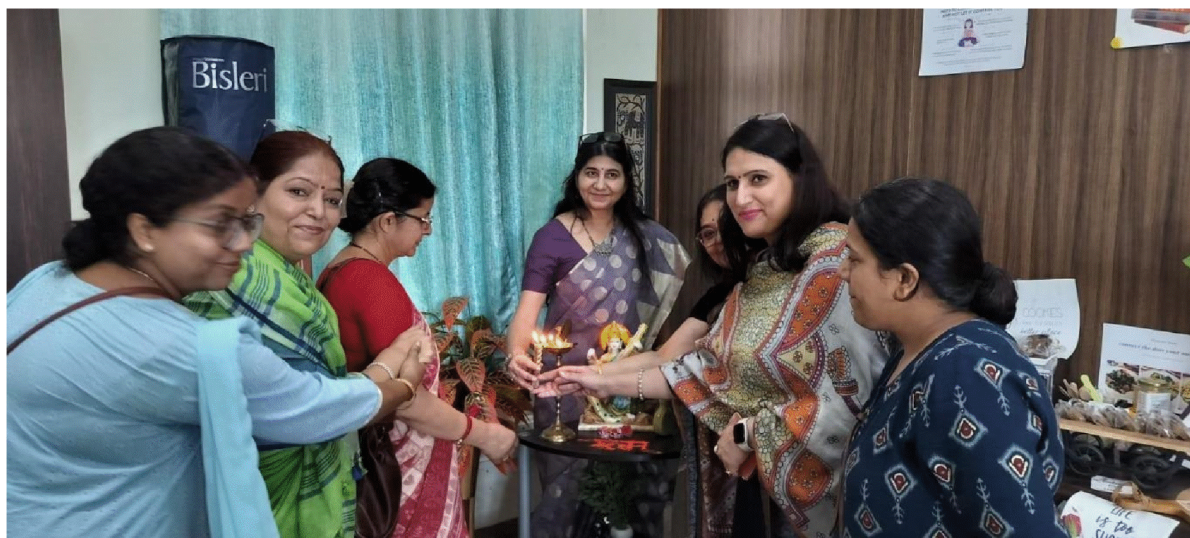


04 PM

Counselling and Guidance Cell in collaboration with Happy Thinking Laboratory, University of Lucknow, organized a Special program on 'Nurture Your Inner Child' on 5 August, 2023 in Happy Thinking Laboratory, University of Lucknow. **DR. Vandita Sinha**, was the chief speaker. Program was presided by **Dr. Vaishali saxena**, Director, Counselling and Guidance Cell and **Prof. Matrayi Priyadarshini** Director, Happy Thinking Laboratory. Guests were welcomed by Dr. Vaisahli and Prof. Matrayi.



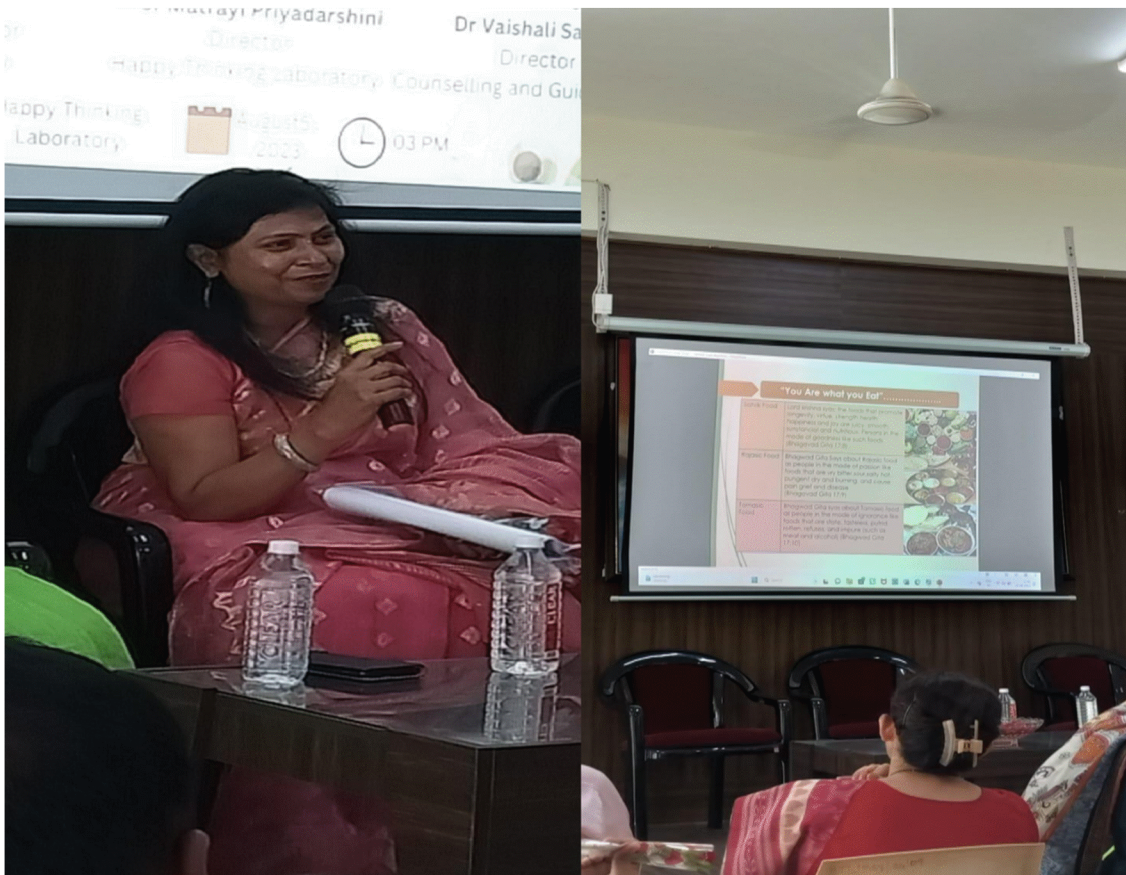
Program was started by lighting with the lamp. Here is some glimpse of it.





Key speaker **Dr. Vandita Sinha** had highlighted the importance of millets in daily food .she explained good diet and relates it with **the satva tatva of vedas** .She told about Ragi Bazara ,Kodo Samba etc. and there nutrition values .She speared awareness about healthy food and give suggestions to youngsters to avoid junk food.

Here is some glimpse of the lecture.





Dr. Vaishali address the audience and explain the theme. She told that a healthy food makes mind healthy and healthy mind gives happiness and prevents from all mental diseases like stress and hypertension.



Prof. M. Priyadarshini also shared her views and motivated the students to adopt good food habits. She explained the meaning of **Jaisa khaye Anna Vaisa ho Man**

After the lecture, there were one skit was also played by students of English department. Skit was Bhojpuri version of Sekhspear drama. Here is some glimpse of skit.



There were some happiness activities were also done.

1. Tongue twister
2. Movie acting

Here is some glimpse of it.



There are more than 70 participants were there including faculty members of different department of Lucknow University. **Dr. Archana Tiwari** , **Dr. David**, **Dr. Anupama** ,**Dr. Anu Kohli** ,**Dr. Ruchi**, **Dr. Naaznin** were also present there .

12.23

जिज्ञासा खोले ज्ञान
वीसा हो मन

Nurture in inner
child.

Name	Class/Dept.	Mobile No.
Parvathi Devi	Ph.D. English	9219593803
Alina Nasir	MA. English	7275353210
Vatsal Sharma	Ph.D. English	7800692367
AKSHAY BHARDWAJ	"	7488545551
Kamishma Bhauti	"	8398950386
Purna Anmol	Ph.D. English	8434488306
Vansha	"	8303239775
PRAGYA TIWARI	Ph.D. English	-
Shubhangi Soni	Ph.D. English	8948948899
Ajeet Kumar Gupta	Ph.D. English	8564952427
Mohd. Siddique Khan	Ph.D. English	9026537244
Swati Vishya	Ph.D. English	9759630933
Manisha Patil	Ph.D. English	8448501136
Richa Modanwal	Ph.D. English	8518010002
Akanksha Pandey	Ph.D. English	7839128613
Prajwal Krishna	Ph.D. English	7860053640
Adeeba Rahman	Ph.D. English	7417252061
Kanaklata	Ph.D. English	8299640838
Aisha Zahed	Ph.D. Pub. Adm.	9554941097
Rishi Yadav	Ph.D. Pub. Adm.	8299403039