



University of Lucknow लखनऊ विश्वविद्यालय



Happy Thinking Laboratory in Association with Counselling and Guidance Cell

जैसा खाये अन्न
वैसा हो मन



Patron

Prof Alok Kumar Rai

Hon'ble Vice-Chancellor
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Convenor

Prof Matrayi Priyadarshini

Director

Happy Thinking Laboratory Counselling and Guidance Cell



Convenor

Dr Vaishali Saxena

Director



Happy Thinking
Laboratory



August 5,
2023



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Report

Happy Thinking Laboratory in collaboration with Counselling and Guidance Cell, University of Lucknow organised one-day programme on 5th August 2023. The topic of this program was '**Nurture your Inner Child**' and '**Jaisa Khaye Anna Vaise ho man**'. The program held in Happy Thinking Laboratory, ONGC Building, University of Lucknow on 5th August. More than 50 students were present in program. Program was started by lighting with the lamp. The Guest speaker was Dr. Vandita who inaugurated the event. She shared importance and health benefits of Millets and their types, types of food including Satvik food, Rajsik Food and Tamsic food.

In the later part of program, called '**Nurture Your Inner Child**' Research Scholars from the Department of English and MEL performed a skit in Bhojpuri from the Play *The Tempest* by William Shakespeare.

The students also played different activities as a part of the event of Happy Thinking Laboratory. Some of the events are

- Skit
- Dumb Charade
- Tongue Twisters

The programme was presided by Dr. M. Priyadarshini Director, Happy Thinking Laboratory, Dr. Vaishali Saxena, Director, Counselling and Guidance Cell.

Dr. Ruchi, Dr. Vineet Maxwell David and others also shared their views on the occasion.







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