



UNIVERSITY OF LUCKNOW

(Accredited A++ by NAAC)



Counselling And Guidance Cell

In Association With

Happy Thinking Laboratory

Is organising

Two days sessions on Transformative Meditation - "Experiencing our Inner Energy"



9 & 10 October, 2023



3:00 PM to 3:45 PM



Venue - ONGC Building, Happy Thinking Laboratory
3rd floor, University of Lucknow

Patron

PROF. ALOK KUMAR RAI

Vice Chancellor

University Of Lucknow

Expert

Mr. Nishit Gupta

Sahaj Yoga

Convenor

Director;

"Counselling and Guidance Cell"

Director;

"Happy Thinking Laboratory"

Happy Thinking Laboratory in association with Counseling & Guidance Cell organized a two day session in ONGC Building, Happy Thinking Laboratory 3rd floor, University of Lucknow on 23 September 2023 at 1:00 pm. The topic of the seminar was "Experiencing our inner Energy". An honorable chief guest speaker was **Mr. Nishit Gupta (Sahaj Yoga)**. **Dr. Vaishali Saxena** (Director CGC) who welcomed chief guest Mr. Nishit Gupta (Sahaj Yoga) and his team. She also welcomed Prof. M. Priyadarshini (Director, Happy Thinking Laboratory) and other guest Prof. Madhurima Pradhan (Founder, Technical Expert of Happy Thinking Laboratory), other faculty members and students. In her welcome address she emphasized the necessity of such a program so students' energies can be generalized in positive and productive activities.

Prof. M. Priyadarshini (Director, Happy Thinking Laboratory) also welcomed the guest and deliberated on enhancing spiritual strength and will power through meditation and yoga. She also said that meditation and yoga should be part of the daily life activities of the people.

On the first day, chief guest Mr. Nishit Gupta had conducted the session on Sahaj Yoga practices. He made every participant aware for understanding their own energies and his yoga session made everyone to experience it. He said simple practice may contribute immensely to create a balance in life among social, family and work life.

On the second day, he again assembled the students and told them about Chakras and also mentioned about the process of opening Chakras to feel them. He made activities to open Chakras with students and faculty members.

At last there was an answerability session and students asked questions why we should do this process in front of this picture that was on the screen. He answered that the picture of Nirmala ji who helped a lot of peoples to open their Chakras that's why this picture will provide energy to help you in open Chakras

Prof. Madhurima Pradhan (Founder, Technical Expert, Happy Thinking Laboratory), extended vote of thanks to Sahaj Yoga team, Prof. M. Priyadarshini (Director, Happy Thinking Laboratory), faculty members and all participants from different departments of University (University of Lucknow).





Date - 09/10/2023

"Experiencing Our Inner Energy"

Time - 3-3:45 Pm

S.N.	Name	Contact	Signature
01.	Bansal Kuman Singh	9140825 117	Bansal
02.	Nimesh Pratap Singh	9118362290	NP Singh
03.	Harshita Khare	9170781625	Khare
04.	Geetika Nautiyal	8896784786	Geetika
05.	Rukmani Nandan Jaiswal	9838340032	Rukmani
06.	Susti	9792026054	Susti
07.	Sweeti Veishya	9159630933	Sweeti
08.	Susti	9507623272	
09.	NISHKARSH AUPIA	7985508270	Nishkarsh
10.	Sheha Maheshwari	7983009194	Sheha
11.	Mohd. Subhan	6394545344	Subhan
12.	Mohd. Uzair Khan	6590408533	M. Uzair
13.	PAYODH KANT	8664309156	Payodh
14.	RAJAN KESHRI	7523932773	Rajan
15.	Pratik Jaiswal	9696229326	Pratik
16.	NISHANT PATEL	9455019968	Nishant
17.	Mallika Shukla	8960890942	Mallika
18.	Snigdha Singh	8933938587	Snigdha
19.	Supak Gupta	9007699608	Supak
20.	Hinakshi	9927677044	Hinakshi
21.	Ana Singh	9013031558	Ana
22.	Shivangi Goel	8707682206	Shivangi Goel
23.	Shrishi Shrivastava	7979962679	Shrishi