

REPORT OF PROGRAMS
HAPPY THINKING LABORATORY
UNIVERSITY OF LUCKNOW
2022-2023

| S. No. | Date/Time | Name of Event | Venue/ON/Offline/Department | Resource Person | View/Download |
|--------|--|---|--|---|---------------|
| 1. | 21 March 2023 10:00 AM-3:00PM | International Day of Happiness | Offline | Prof. Madhurima Pradhan | View/Download |
| 2. | 1 st -16 th March 2023 | Refresher Course on Motivational | Online | Prof. Madhurima Pradhan | View/Download |
| 3. | 22 February ,2023 | Visit of Students From English Department | Happy Thinking Laboratory, ONGC Building Offline | Prof. Madhurima Pradhan | View/Download |
| 4. | 12 February, 2023 | Health Is Wealth Naturopathy and | HIW Holistic Clinic (Dream World amusement Park ,Sector H, LDA Colony Gate No. 2 opposite NABARD BIRd campus Lucknow | Prof. Pradhan Dr Nagma Dr Kirti Dr Bhanu Yadav | View/Download |
| 5. | 4 February ,2023 | New Equipments | Happy Thinking Laboratory, ONGC Building Offline | Visit of Hon. Vice Chancellor Prof. Alok | View/Download |
| 6. | 14 January, 2023 2:00 PM | Stalls of Happy Thinking Laboratory at | Malviya Shabhagar Offline | Visit of Hon. Vice Chancellor | View/Download |
| 7. | 24 th December, 2022 11:30 AM | Happiness to Excellence | Happy Thinking Laboratory, ONGC Building Offline | Col.(Dr.) Sanjeev Sahai | View/Download |
| 8. | 23 rd December, 2022 1:00 PM | Sahaj Yoga Meditation | Happy Thinking Laboratory, ONGC Building Offline | Mr. Yogesh Dwivedi, Sahaj Yoga | View/Download |

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| 9. | 22 nd December,20 22 3:00 PM | Visit of members from Lions Club Association | Happy Thinking Laboratory, ONGC Building Offline | Manisha Khare, Region Chairperson, Lions Club | View/Downloa d |
| 10 | 15 – 17 Decembe r 2022, 12:00PM- 3:00PM | MBA students Visit | Happy Thinking Laboratory, ONGC Building Offline | Prof. Madhurima Pradhan Dr. Vaishali Saxena Dr. Anu Kohli | View/Downloa d |
| 11 | 9-15 December 2022, 12:00PM- 3:00PM | Physics Department Students visit | Happy Thinking Laboratory, ONGC Building Offline | Prof. Madhurima Pradhan Prof. Anchal Srivastava, Coordinator, Coun seling and Guidance Cell, Prof. N.K Pandey , Head, Department of | View/Downloa d |
| 12 | 3 rd December,20 22 12:00 PM | Visit of students from Department of Pharmaceutical Sciences | Happy Thinking Laboratory, ONGC Building Offline | Prof. Madhurima Pradhan | View/Downloa d |
| 13 | 10th November,20 22 3:00 PM | Lucknow Management Association members visit | Happy Thinking Laboratory, ONGC Building Offline | Prof. Madhurima Pradhan | View/Downloa d |
| 14 | 10 October 2022 11:00AM- 1:00PM | World Mental Health Day Celebration | Department of Psychology, Hybrid Mode | Sahaj Yoga Team | View/Downloa d |
| 15 | 25 September 2022 5:00 PM | Workshop on Health of Mind and Happiness | Manisha Mandir, Gomti Nagar. Luckno | Prof. Madhurima Pradhan Dr. Anjali Gupta | View/Downloa d |
| 16 | 24 September 2022 2:00 PM- 3:00PM | Motivational Session | Happy Thinking Laboratory, ONGC Building Offline | Positive Rishi Kumar | View/Downloa d |
| 17 | 21 st & 22 nd July 2022 1:00PM | NAAC peer team Visit | Happy Thinking Laboratory, ONGC Building Offline | Prof. Madhurima Pradhan | View/Downloa d |

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| 18. | 22 April 2022 2:00 PM | Psychology and Climate Change for Sustainable Happiness | Offline (Happy Thinking Laboratory, Dept. Of | Prof. Girishwar Mishra | View/Download |
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