

REPORT: WORLD HEALTH DAY

“WELLNESS AS A JOURNEY: A HEALTHY MIND AND HEALTHY BODY FOR LIFELONG FULFILLMENT”

On April 7, 2025, in celebration of World Health Day, the Counselling and Guidance Cell and the Happy Thinking Laboratory, in collaboration with the Dr. Giri Lal Gupta Institute of Public Health & Public Affairs, organized a health and wellness session at the CGC-HTL premises, University of Lucknow. The event featured musical Bowl activities and Bio-Well testing. The event, themed “*Wellness as a Journey: A Healthy Mind and Healthy Body for Lifelong Fulfilment*,” aimed to promote holistic well-being by integrating physical, emotional, and mental health practices. The event was graced by the presence of **Prof. Shalie Malik**, Director of the Dr. Giri Lal Gupta Institute of Public Health & Public Affairs, who shared valuable insights and played a pivotal role in enhancing the overall experience for all participants. A highlight of the event was the insightful and engaging session conducted by Prof. P.K. Khatri, Clinical Psychologist, Counselor, and Director of SAMBAL DR, University of Lucknow. Prof. Khatri brought a wealth of knowledge and practical wisdom to the gathering, drawing upon his extensive experience in mental health and psychological counseling.

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Dr. Giri Lal Gupta Institute of Public Health & Public Affairs
in association with
Counselling & Guidance Cell & Happy Thinking Laboratory (HTL)
is celebrating the
“WORLD HEALTH DAY”
“Wellness as a Journey: A Healthy Mind and Healthy Body for Lifelong Fulfillment”

PATRON
Prof. Alok Kumar Rai
Hon'ble Vice-Chancellor
University of Lucknow

Prof Shalie Malik
Director
Dr. Giri Lal Gupta Institute of Public Health & Public Affairs

Dr. Vaishali Saxena
Director
Counselling & Guidance Cell

Prof. M. Priyadarshani
Director
Happy Thinking Laboratory

ACTIVITIES
1. Musical bowls activity
2. How to be good listener
3. Bio well Testing

Venue:
Happy Thinking Laboratory-Counselling and Guidance Cell, 3rd Floor, ONGC building, Old Campus, University of Lucknow
Date: 7th April, 2025
Time: 10:00 AM Onwards

The event began with the traditional lighting of the lamp, a symbolic act that marked the official inauguration of the program. This age-old ritual signifies the dispelling of darkness and the ushering in of knowledge, wisdom, and enlightenment.



The event was thoughtfully curated to highlight the significance of holistic health — emphasizing both mental and physical well-being as integral components of a fulfilling life. Prof. Malik delivered a compelling address emphasizing the interdependence of mental and physical health. Her presence and insights greatly enriched the event, leaving a lasting impression on attendees.





"Wellness is not a destination but a continuous journey of self-awareness and balance," said Prof. P.K. Khatri, Clinical Psychologist and Director, SAMBAL DR, University of Lucknow. Prof. Khatri is a retired professor from the Department of Psychology at NPGC, with extensive experience in clinical counseling. "True health emerges when we align our mental, emotional, and physical dimensions. By nurturing each aspect with care and mindfulness, we pave the way for lifelong fulfillment and inner harmony." His session highlighted the deep interconnection between mental, emotional, and physical well-being, stressing the significance of caring for each dimension to attain lasting fulfillment in life.

The event featured two key wellness activities that engaged participants both physically and emotionally. The *Musical Bowl activities* provided a deeply calming experience through the use of sound healing techniques. These sessions were designed to reduce stress, enhance mindfulness, and promote emotional balance, allowing participants to reconnect with their inner well-being. Additionally, the *Bio-Well testing* offered a scientific perspective on health by measuring participants' energy levels and stress indicators. This innovative technology provided personalized insights into both physical and emotional states. By combining scientific techniques with traditional wellness tools, the event successfully highlighted the importance of integrating wellness practices into daily life.



Prof. M. Priyadarshini, Director HTL addressed the theme “Wellness as a Journey: A Healthy Mind and Healthy Body for Lifelong Fulfilment” by highlighting the importance of emotional resilience and self-discipline, particularly in the context of managing examination stress. She emphasized that maintaining a healthy routine, staying organized, and cultivating a growth mind-sets are essential components of holistic well-being.

Dr. Vaishali Saxena, Director CGC, concluded the event with heartfelt thanks, expressed deep appreciation to Honorable Vice Chancellor Prof. Alok Kumar Rai for his unwavering support and also extended her heartfelt gratitude to Prof. Shalie Malik and Prof. P.K. Khatri for their inspiring and insightful session. She appreciated Prof. M. Priyadarshini, the organizing teams, and student participation, expressing hope that this event would positively influence student's life and promote lasting mental and physical well-being.

Attendance

7/4/2025 (World Health Day)		
"Wellness is a Journey: A Healthy Mind and Healthy Body for Lifelong Fulfillment"		
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