

REPORT: SPIRITUALITY, SCIENCE AND YOUTH POWER

Organized by: Counseling and Guidance Cell (CGC), University of Lucknow

In Collaboration with: Happy Thinking Laboratory (HTL)

Venue: A.P. Sen Hall, University of Lucknow

On March 7, 2025 the Counselling and Guidance Cell (CGC) of the University of Lucknow, in collaboration with the Happy Thinking Laboratory (HTL), hosted a thought-provoking program titled "Spirituality, Science, and Youth Power" at the A.P. Sen Hall. The event sought to delve into the profound relationship between spirituality, scientific thought, and the power of youth in shaping the future. Through engaging discussions and reflective dialogues, the event aimed to inspire students to harness their inner potential while balancing scientific reasoning and spiritual wisdom. The distinguished **Prof. Pawan Sinha**, affectionately known as "**Guruji**," graced the event as the chief speaker, offering invaluable insights into how spirituality can enhance scientific understanding and empower young minds to become catalysts for positive change in society.



The event commenced with the traditional lighting of the lamp followed by the recitation of the University Anthem, the official song of Lucknow University., a symbolic gesture marking the official start of the program. This timeless ritual not only signifies the beginning of the event but also represents the illumination of knowledge, wisdom, and enlightenment.

The key moment of the event was the speech by Prof. Pawan Sinha, known as "Guruji," who shared valuable insights on the connection between spirituality and science. He highlighted that spirituality and scientific thought are not opposing forces but can complement each other. Guruji explained that both scientific inquiry and spiritual exploration offer unique perspectives and are essential in the search for truth.



In his discussion, Prof. Pawan Sinha elaborated on the various brainwave patterns—alpha, beta, and gamma waves—and their significance in mental processes. He explained that these brainwaves reflect different states of consciousness and mental activity. Alpha waves are associated with a relaxed, meditative state, often linked to creativity and calmness. Beta waves, on the other hand, dominate during active thinking, concentration, and problem-solving, representing the mind's alert state. Prof. Sinha also discussed gamma waves, which are the fastest and are related to high-level cognitive functioning, such as learning, memory, and information processing. By understanding and harnessing these waves, he suggested, individuals could achieve better mental clarity, emotional balance, and overall well-being.

The event was graciously hosted by Dr. Tanuka Chatterji and Dr. Utkarsh Mishra, who played a key role in facilitating the smooth flow of the program. They ensured that the event ran seamlessly, guiding the participants through the sessions while maintaining an atmosphere of reflection and learning.



Prof. M. Priyadarshini extended a warm welcome to the distinguished guests, setting a cordial and respectful tone for the event. Her welcoming address highlighted the significance of the program and expressed gratitude to the speakers and attendees for their participation.



Prof. Manuka Khanna, the Pro Vice Chancellor, addressed the audience and provided a detailed explanation of the event's theme. She emphasized the significance of understanding

the connection between spirituality, science, and youth power, stressing how these elements play a vital role in the holistic development of both individuals and society. Her thoughtful remarks highlighted the importance for young people to integrate scientific reasoning with spiritual wisdom, enabling them to effectively navigate modern challenges and emerge as leaders of positive transformation.

The Guest of Honor for the event, Prof. V.K. Sharma, Dean of Student Welfare, was warmly welcomed by the hosts. During his address, Prof. Sharma spoke about the theme of the event, emphasizing its relevance in today's world. He discussed the importance of balancing scientific thought with spiritual understanding, encouraging students to explore both realms for personal growth and societal impact.



The event was further enlightened by the gracious presence of **Prof. Alok Kumar Rai**, the Vice Chancellor of the University of Lucknow. In his address, Prof. Rai spoke about the significance of the theme, "*Spirituality, Science and Youth Power*", emphasizing the critical role that spirituality, science, and youth play in shaping a better future. He expressed his gratitude to the keynote speaker, Prof. Pawan Sinha, for empowering the students with his profound insights, encouraging them to embrace both scientific and spiritual wisdom in their personal and academic lives. Prof. Rai explained the significance of a teacher being referred to as a "Guru," highlighting the deep respect and reverence associated with the term. He emphasized the essential role of a Guru in shaping an individual's life, not just through knowledge, but by imparting wisdom, values, and guidance that lead to personal and spiritual growth. Prof. Rai presented a memento and a shawl to the chief speaker, Gururji, as a token of appreciation and love.

The program was highly interactive, with students actively participating in Q&A sessions and discussions. Guruji addressed their queries, offering practical advice on blending scientific inquiry with spiritual practices in daily life. "Spirituality, Science, and Youth Power" was a great success, leaving participants inspired and enlightened. Through Prof. Pawan Sinha's teachings, students were reminded of the importance of balancing scientific reasoning with spiritual wisdom. The event concluded on a solemn note with the singing of the National Anthem, bringing the program to a respectful and patriotic close. After the insightful session by Prof. Sinha in the first half, the second half of the program featured a vibrant cultural performance by the talented students of the university.

























Dr. Vaishali Saxena, Director of the Counseling and Guidance Cell, concluded the event with a heartfelt vote of thanks. She expressed deep appreciation to Honorable Vice Chancellor Prof. Alok Kumar Rai for his unwavering support, Key Speaker Prof. Pawan Sinha (Guruji) for sharing his invaluable insights, and Prof. M. Priyadarshini, Director of the Happy Thinking Laboratory. Dr. Saxena also thanked the Guest of Honour, Prof. V.K. Sharma, Dean of Student Welfare, for his contribution to the event.





Dr. Saxena also acknowledged the dedicated efforts of the event coordinators and extended gratitude to all participants for their active engagement. She emphasized that the collective contributions of everyone made the program a great success, leaving a lasting positive impact.

ATTENDANCE

<u>A Talk on Spirituality, Science and Youth Power</u> <u>Attendance - A.P. Sen Hall - 7/5/2025</u>		
<u>Name</u>	<u>dept</u>	<u>Sign</u>
1. Nisha Singh	ITL	
2. Anjali Singh	Public Adm.	
3. Suhani Sharma	Public Adm.	
4. Chitra Singh	Pub Adm.	
5. Shreya Yadav	Lib-Administration	
6. Meeta Gupta	Pub Adm.	
7. Shivani Singh	Pub Adm.	
8. Abhinav Sharma	Philosophy	
9. Sakshi Yadav	Pub. Adm.	
10. Gauri	Eng	
11. Saumya Shukla	Social Pub-Adm.	
12. Gajendra Kumar	Ph.D. Scholar (Hons)	
13. Ansh Kumar	"	
14. Vandana Singh	Pub Adm.	
15. Anand Kumar Bhati	Pub Adm.	
16. Akash Kumar	Pub Adm.	
17. Kuldeep Yadav	Pub Administration	
18. Anjali Singh	Pub Administration	
19. Muskan Verma	Pub. Adm. (MA 2nd Sem)	
20. Vaishnavi Singh	Pub Adm (MA 2nd sem)	
21. Kaurabh Verma	Pub Adm (MA 2nd sem)	
22. Anubhav Singh	Pub Adm (M.A 2nd sem)	

<u>Name</u>	<u>Dept</u>	<u>Signature</u>
GARTIMASINGH	Public Adm. BA 1st	Gartim Singh
Khushti Bhat	B.A. 2nd year Sub. A	Khushti
Angali Bhat	"	Angali
Neha Patel	"	Neha
Beegya Mishra	"	Beegya
Manshi	"	Manshi
Mayank Shukla	PhD Physics	Mayank
Tatungat Tripathi	PhD Physics	Tatungat
Aarchi Sahu	BA 2nd Year Public Ad.	Aarchi
Sirya Yadav	Ba 2nd Yr Geography	Sirya
Shubhi Rajput	"	Shubhi
Vaishnavi Rai	"	Vaishnavi
Shruti Singh	"	Shruti
Rajeev Singh	"	Rajeev
Lochet Kankhal	B.Com 2nd Yr	Lochet
Akanksha Rai	B.A (2nd year) History	Akanksha
Rajesh Yadav	B.A (2nd year) Pub-Adm	Rajesh
Saniya Khan	B.A (2nd year) History (Mod)	Saniya
Akushi Yadav	B.com (NEP) (1st year)	Akushi
Nini Upmanu	PhD (1st year)	Nini
Satmi	PhD (1st year)	Satmi
Indi Kanyot	TPA (I Sem)	Indi
Sana Bawa	B.A (I Sem)	Sana
Loopal	PhD	Loopal
Vishal Singh	PhD	Vishal
Nimish Pratap Singh	MA (II Sem)	Nimish
Pranjal Kumar Singh	MA (2nd Sem)	Pranjal

<u>Name</u>	<u>dept</u>	<u>Sign</u>
30) Yashwanth Patel	Pub Adm (MA 1st Year)	Yashwanth
31) Shashika Siddiqui	Pub Adm (MA 1st Year)	Shashika
32) Anshul Sharma	Pub Adm (BA 2nd Year)	Anshul
33) Anagash Rastogi	Pub Ad (MA 1st Year)	A
34) Rajan Singh Yadav	Pub Ad (BA 1st Year)	Rajan
35) Shalini Umash	Education (MA 2nd Year)	Shalini
36) Prashant Kumar	PHD (English)	Prashant
37) Abhinav Singh	Ph D (English)	Abhinav Singh
38) Shubham Thakur	Ph D (English)	Shubham
39) Saurabh Sharma	Ph D (English)	Saurabh Sharma
40) Pratyanka	Ph D (English)	Pratyanka
41) Divya Sinha	Pub Ad (BA 3rd Year)	Divya
42) Ansh Gupta	Pub Ad (BA 3rd Year)	Ansh
43) Rajan Keshri	Pub Ad (BA 3rd Year)	Rajan
44) Prayush Yadav	Pub Ad (BA 3rd Year)	Prayush
45) Anshul Patel	Pub Ad (BA 3rd Year)	Anshul
46) Uttam Singh	Pub Ad (BA 3rd Year)	Uttam
47) Shikha Yadav	Pub Ad (BA 3rd Year)	Shikha
48) Kanishk Thakur	Pub Ad (BA 3rd Year)	Kanishk
49) Anshul Choudhary	Pub Ad (BA 3rd Year)	Anshul
50) Shubham Mishra	MSMC	Shubham
51) Ruman Ahmad Khan	"	Ruman
52) Aditi Singh	MAJMC-II	Aditi
53) Ajay Sonkar	Pub Ad (B.A 2nd Year)	Ajay Sonkar
54) ABHISHEK PATEL	BA (2nd Year)	Abhishek

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