

REPORT OF PROGRAMS
HAPPY THINKING LABORATORY
UNIVERSITY OF LUCKNOW
2021-2022

| S. No. | Date/Time | Name of Event | Venue/ON/Offline/Department | Resource Person | View/Download |
|--------|--|--|--|--|---------------|
| 1. | 4 February ,2023 | New Equipments | Happy Thinking Laboratory, ONGC Building Offline | Visit of Hon. Vice Chancellor Prof. Alok Kumar Rai | View/Download |
| 2. | 14 January,2023 2:00 PM | Stalls of Happy Thinking Laboratory at Abhiyuthhanam | Malviya Shabhagar Offline | Visit of Hon. Vice Chancellor Prof. Alok Kumar Rai | View/Download |
| 3. | 24 th December,2022 11:30 AM | Happiness to Excellence | Happy Thinking Laboratory, ONGC Building Offline | Col.(Dr.) Sanjeev Sahai | View/Download |
| 4. | 23 rd December, 2022 1:00 PM | Sahaj Yoga Meditation | Happy Thinking Laboratory, ONGC Building Offline | Mr. Yogesh Dwivedi, Sahaj Yoga Trainer. | View/Download |
| 5. | 22 nd December,2022 3:00 PM | Visit of members from Lions Club Association | Happy Thinking Laboratory, ONGC Building Offline | Manisha Khare, Region Chairperson, Lions Club | View/Download |
| 6. | 3 rd December,2022 12:00 PM | Visit of students from Department of Pharmaceutical Sciences | Happy Thinking Laboratory, ONGC Building Offline | Prof. Madhurima Pradhan | View/Download |
| 7. | 10th November,2022 3:00 PM | Lucknow Management Association members visit | Happy Thinking Laboratory, ONGC Building Offline | Prof. Madhurima Pradhan | View/Download |

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| 8. | 10 October 2022 11:00AM- 1:00PM | World Mental Health Day Celebration | Department of Psychology, Hybrid Mode | Sahaj Yoga team | View/Download |
| 9. | 25 September 2022 5:00 PM | Workshop on Health of Mind and Happiness | Manisha Mandir, Gomti Nagar. Lucknow, Offline | Prof. Madhurima Pradhan Dr. Anjali Gupta | View/Download |
| 10. | 24 September 2022 2:00 PM- 3:00PM | Motivational Session by Positive Rishi | Happy Thinking Laboratory, ONGC Building Offline | Positive Rishi Kumar | View/Download |
| 11. | 21 st & 22 nd July 2022 1:00PM | NAAC peer team Visit | Happy Thinking Laboratory, ONGC Building Offline | Prof. Madhurima Pradhan | View/Download |
| 12. | 22 April 2022 2:00 PM | Psychology and Climate Change for Sustainable Happiness | Offline (Happy Thinking Laboratory, Dept. Of Psychology) | Prof. Girishwar Mishra | View/Download |