

Happy Thinking Laboratory
Department of Psychology
&
Counselling and Guidance Cell
Organizes Webinar
On:



SUBCONSCIOUS MIND AND WELLBEING

4th July, 2021

4:00 pm

PROF. MANJU AGARWAL

DEAN STUDENT WELFARE
AMITY UNIVERSITY, LUCKNOW

ORGANIZING TEAM

PROF. ARVIND AWASTHI

Head, Department of Psychology

PROF. MADHURIMA PRADHAN

DIRECTOR COUNSELLING & GUIDANCE CELL,
UNIVERSITY OF LUCKNOW

DR. ARCHANA SHUKLA

CO-ORDINATOR DEPARTMENT OF PSYCHOLOGY

DR. MANINI SRIVASTAV

CO-ORDINATOR CGC, DEPARTMENT
OF PSYCHOLOGY

MS. MALVIKA TIWARI, MS. PALLAVI SRIVASTAVA

DEPARTMENT OF PSYCHOLOGY

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Report
on
Webinar conducted on July 4th, 2020
"Subconscious Mind and Wellbeing"

Happy Thinking Laboratory of the Department of Psychology, University of Lucknow in association with the Counselling and Guidance Cell organized a online webinar titled **Subconscious Mind and Wellbeing**, using the Zoom Meetings app At 4pm On July 4th, 2021. It was attended by 70 participants. The session was moderated by prof Madhurima Pradhan and Dr. Manini with the Dean of Student Welfare of Amity University, Lucknow, Prof. Manju Agarwal as it's keynote speaker.

The main focus of the session was to enlighten the students with the key aspects of subconscious mind and how it can be trained in an effective manner to help boost their self esteem. The webinar began on a zealous note followed by a brief introduction of the keynote speaker by Dr. Manini. This was followed with an small introduction to the purpose of Counselling and Guidance Cell by it's Director, Professor Madhurima Pradhan, who mentioned that the vision of the CGC is to accelerate the transition from old education policy to new Education Policy 2020 which aims at creating world class multidisciplinary institutions and it's mission is to support, value and challenge the students of University of Lucknow to develop their full potential, psychological immunity and skills to thrive in the challenging situations of life.

The session began with an audience-captivating activity of rubbing of palms together, clapping and laughing.

"Mind the most enigmatic, most talked of yet most unexplored and where age is no bar", said Prof. Manju in her opening sentence while introducing the students with the concept of the subconscious mind and how it receives visuals and interprets and stores it which will later become our action and behaviour.

She discussed how we can possibly change our thought patterns to boost our self esteem, with language playing a major role in our thought processes, the manner in which we supply information the results will be similar to it. The kind of sentences and words we are using for ourself should be cautiously chosen. Making use of positive annotations in present continuous and not in future tense and by believing that what we have desired has already happened to us and being confident.

While answering a question from a student on reducing Self-deprecating thoughts, "acceptance is the key, associate whatever you find negative about yourself to your positive qualities", she said.

While appraising the students on how our internal emotions affect everything around us she iterated, "we attract the energy we emit".

During the webinar the students were asked to rate their self esteem on the score of one to ten, which was followed by showcasing a self affirmative audio-video clip, almost everyone reported a higher level of self esteem post the video.

On Appreciative enquiry, Prof. Agarwal said that critical questioning is important and self-talk should change according to the desired goal.

Professor Manju Agarwal, a hypnotherapist, happiness coach and a mind trainer, is also a professor of Psychology and the Dean of Student Welfare at Amity University, Lucknow and has consistently worked in the field of positive psychology, health Psychology and gender

Psychology.

The session was organised by a team of faculty and students from the Department of Psychology, University of Lucknow and was graced by the presence of the Head of Department, Prof. Arvind Awasthi, the Coordinator of the Department, Dr. Archana Shukla, Prof. Madhurima Pradhan, Dr. Manini Srivastav, Dr. Megha Singh, Ms. Malvika Tiwari and Ms. Pallavi Srivastava.