



लखनऊ विश्वविद्यालय
University of Lucknow

विद्यया प्रकाशस्य वर्धशतम्
A century of leading generations to
light through learning



WEBINAR ON

HAPPINESS

DIFFERENT STROKES ON
CANVAS OF
COVID-19

6TH & 7TH JUNE 2020

12 PM-2 PM

DEPARTMENT OF PSYCHOLOGY

UNIVERSITY OF LUCKNOW



Our Patron
Prof. Alok Kumar Rai
Vice Chancellor
University of Lucknow



Guest of Honour
Prof. Brijesh Kumar Shukla
Dean Faculty of Arts
University of Lucknow



*“Happiness and positive emotions have Potential to
enhance the immunity to FIGHT”*

In the present scenario, the Covid-19 pandemic has presented us with a canvas to paint the picture of life which will set an example for future generations. By keeping our happiness intact and with positive mind set, we may consciously determine the strokes and paint an optimistic picture.

The Covid-19 pandemic is taking a toll on mental health and happiness of people because people were not at all prepared to face this situation despite past warnings. The recent surveys reveal rising cases of anxiety, tension, stress, fear and depression. The life of people has changed faster than they could ever have imagined. This situation presents an unravelled challenge before psychologists to prepare people to face the challenges during and post Covid-19 lockdown period.

The present scenario of Covid-19 pandemic is indicating that on one hand this is the period of internal turmoil, it presents an opportunity for self-growth by connecting with our own selves, the source of divine happiness, peace and bliss. But the modern materialistic orientation of people, prior anti-bliss conditionings and the flickering mind make the achievement of this goal a difficult one. The teachings from our scriptures like *Bhagvad Gita* and *Upanishads* present before us the methods and techniques of controlling the mind and thought process through meditation and Yoga. Such teachings have much more relevance in the present crisis. This is the time not to go outside but to move on our journey inwards.

Present webinar is an attempt to provide a platform for participants to collectively find out the answer of fundamental question of how to remain happy and mentally healthy even during turmoil? How to connect with our own self? How spirituality can be practiced in day today life to remain happy? An attempt will be made to reflect upon the potential of psychological knowledge which can be used more effectively in today circumstances and broaden the scope of Psychology in developing an understanding of science of happiness.

Happiness and positive emotions have potential to enhance the immunity to fight with physical as well as mental illnesses not only for persons with disease but also for other care givers. This webinar will provide some solace, positivity and peace to the tired, weary and exhausted minds with the practice of meditation which can be practiced along with a regular daily routine. Remember, good mental status in the difficult times may help to win the battle easily!

OUR SPEAKERS

DAY 1



BK Sister Radha

*Head, U.P. zone
Brahma Kumaris,
Gomti Nagar centre*



Ms. Aparna Nevatia

*Founder, Rejuvenation
Spiritual foundation
NGO Atma Gyan Dhyam
Sadhana*



Prof. Madhurima Pradhan

*Head, Department of
Psychology,
University of Lucknow.
Specialization: Positive
Psychology, Counselling,
Spirituality and*

OBJECTIVES

- To reflect upon the impact of COVID 19 on the level of happiness of people.
- To provide an updated knowledge to the participants about role of spirituality in achieving happiness in life.
- To infuse positivity in the minds of participants to neutralise the negative emotions arising out of Covid-19 situation.
- To motivate the participants to practice meditation as a potential stress management technique in their routine life.
- To present a platform before students to clarify their doubts about spirituality and happiness.



A Presentation by
Isha foundation
Coimbatore, Tamil Nadu

ORGANIZING COMMITTEE



CONVENER

Dr. Archana Shukla
Dept. of Psychology
University of Lucknow



ORGANISING SECRETARY

Dr. Manini Srivastava
Dept. of Psychology
University of Lucknow

DETAILS

- The proposed length of this webinar will be about two-three hours.
- Mode of webinar would be lecture and interaction in Hindi, English language.
- Prior registration is compulsory.
- Registration is free.
- After registration is done, separate log in ID and password will be shared with the participants through email.
- All participants will receive an e-certificate.
- *Follow the given link to register and to obtain joining link:*
<http://forms.gle/om3GAzri3qFm4DzM7>

ORGANIZING TEAM

Dr. Kirti Madnani
Malvika Tiwari
Surabhi Srivastava
Garima Singh
Jitendra Pratap
Balendra Tiwari

TECHNICAL TEAM

Dr. Vineet Saxena
Institute of Management Studies

FOR ANY QUERY

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