

UNIVERSITY OF LUCKNOW

(HAPPY THINKING LABORATORY DEPARTMENT OF PSYCHOLOGY)

IN COLLABORATION WITH

HEARTFULNESS EDUCATION TRUST

PRESENTS

HEARTFUL CAMPUS PROGRAM

(PAUSE, REFLECT AND SHINE FOR HOLISTIC HEALTH AND HAPPINESS)





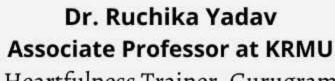
Mr. Sanjay Upreti IRAS, Financial Advisor BSF

Heartfulness Trainer, Delhi

Session-1

Management of Stress

(28 Feb. 2022)



Heartfulness Trainer, Gurugram

Session-2

Benefits of Meditation & Inner connect

(1 Mar. 2022)



Dr. Virendra Phoghat Retired Civil Surgeon

Heartfulness Trainer, Rohtak Session-3

Healthy Life Styles & Happiness

(2 Mar. 2022)



Mr. C.S. Patil

SR. Manager (Civil TVHPP NTPC LTD.)
Heartfulness Trainer, Joshimath (UK)

Session-4

Heartful and Healthy Relationships

(7 Mar. 2022)



Heartfulness Trainer, Roorkee (UK)

Session-5

Impact of Thoughts and Managing Thoughts

and Emotions

(14 Mar. 2022)



Heartfulness Trainer, Pune

Session-6

Science of Meditation and Habits change

(21 Mar. 2022)

