



**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)



 5pm-6.30pm



**Mr. Sanjay Upreti**  
IRAS, Financial Advisor BSF  
Heartfulness Trainer, Delhi

Session-1

*Management of Stress*

(28 Feb. 2022)



**Dr. Ruchika Yadav**  
Associate Professor at KRMU  
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)



**Dr. Sushama Viladkar**  
Student Counsellor

Heartfulness Trainer, Roorkee (UK)

Session-5

*Impact of Thoughts and Managing Thoughts  
and Emotions*

(14 Mar. 2022)



**Ms. Anagha Kulkarni**  
Design Thinking & Data Science Professional  
Heartfulness Trainer, Pune

Session-6

*Science of Meditation and Habits change*

(21 Mar. 2022)

