



लखनऊ विश्वविद्यालय
University of Lucknow



Happy Thinking Laboratory and
Counseling & Guidance Cell
In Collaboration with
Maitribodh Parivaar

Organise a Workshop

on

**Stress Management &
Emotional Stability**

Patron



Prof. Alok Kumar Rai
Hon'ble Vice Chancellor
University of Lucknow

Date: 14.07.2025

Time: 11:15

Venue: Abhyudaya , ONGC Building ,3rd floor,
University of Lucknow

Convenor

Prof.M.Priyadarshini
Director,
Happy Thining Laboratory

Convenor

Dr. Vaishali Saxena
Director,
Counselling & Guidance Cell

Happy Thinking Laboratory and Counselling and Guidance Cell, University of Lucknow in collaboration with Matribodh Parivaar organized a Workshop on “Stress Management and Emotional Stability” on 14 July 2025 from 11:15 am at Abhyudaya, ONGC Building, University of Lucknow. The guests were welcomed by Prof. Matrayi Priyadarshini, Director, Happy Thinking Laboratory. The speaker, Sri Mitra Jeev, a direct disciple of Maitreya Dadashreeji delivered a profound discourse interspersed with inspiring life stories and spiritual teachings. He emphasized on the basics of stress management by focusing on self, self-development and self-retrospection leading to self-acceptance. The event was attended by members of Matribodh Parivaar, Prof. Madhurima Pradhan, ex- Director HTL and Dr. Vaishali Saxena, Director, CGC. The Vote of thanks was delivered by Prof. Matrayi Priyadarshini, Director, HTL.





14/7/25

Stress Management (Abhyudaya)
Emotional Stability (Yojna class)

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