

**“Train your mind by increasing awareness”**  
Department of Linguistics



**Webinar on**  
**TRAIN YOUR MIND BY INCREASING AWARENESS**

Organized by-  
Department of Linguistics in collaboration with  
Counselling and Guidance Cell, University of Lucknow

**DATE - 29<sup>th</sup> JUNE 2020 TIME- 12:00 PM to 1:00 PM**

**MEET THE SPEAKER:**

**BK Priyata Kumar**

A Rajyoga practitioner and Faculty at Rajyoga  
Education Research Foundation.



**Organizing Team:**

**Prof. Kavita Rastogi**  
Head, Department of Linguistics,  
University of Lucknow

**Prof. Madhurima Pradhan**  
Director, Counselling and Guidance  
Cell, University of Lucknow

**Madri Kakoti**  
Coordinator, Counselling and  
Guidance Cell, Department of  
Linguistics, University of Lucknow

**Dr. Anju Bharti | Md. Shafat**  
Student Coordinator, Counselling and  
Guidance Cell, Department of  
Linguistics, University of Lucknow

**Join Zoom Meeting:**

<https://us02web.zoom.us/j/88405022464?pwd=VzAwd1BLWmZKTktHQ080WmpiemZQZz09>

**Meeting ID: 884 0502 2464**

**Passcode: 087527**

Date of webinar: 29 June, 2021











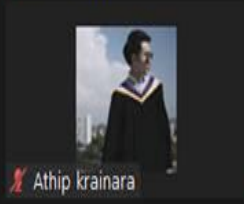

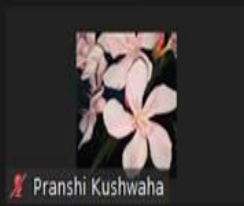


Resource person: BK Priyata Kumar

No of participants: 48

Main points covered:

BK Priyata Kumar talked about the importance of mindfulness in everyday life for success, mental health and peace. She shared with students some tips and tricks to create mindfulness in our lives, and shared with students experiences from her life as a student as well as a counselor.

Feedback of students: Students asked the Resource Person several questions about their own issues and consulted with BK Priyata regarding their mental health. After the Webinar was over, several requests for a longer course on mindfulness were received by the Head of the Department.

 Priyata Kumar	 K Srikumar	 Surendra Kumar	 Madri Kakoti	 Madhurima Pradhan
 Gaurav Vohra	 Kavita Rastogi	Anjali Singh	Bharat Bhushan	Galaxy M21
 Ruby Singh	 Annapurna	 Shivansh Sharma	Roopshikha Pan...	shafaat
 Athip krainara	 Ajay Kumar Singh	Sakshi giri	ABDUL MUNEE...	Mohd Hilal
 Pranshi Kushwaha	Ayushi Sahu	 Abinash Chand	SATISH KUMAR...	 Poonam Juneja

 Mute  Stop Video  Security  36 Participants  Chat  Share Screen  Pause/Stop Recording  Reactions  End

Recording...

# Train Your Mind by Increasing Awareness



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You Tube Link : <https://youtu.be/T82oHv1p9dE>