



Department of physical education

Topic : Mental health : a brief Overview

Resource Person :

- Chief Guest : [Prof. Prem Suman sharma](#)
- Guest of speaker: [Lt. Dr. Shyam Narayan singh](#)
- Organizing team: [Prof. Madhurima pradhan](#)
[Dr. Shashi kanaujia](#)
- Student speaker: [Aradhna](#) , [Priya chaturvedi](#),[Garima](#)
- Student co-ordinator : [Anu](#) , [Rajat singh](#), [Siddharth kumar rao](#)
- Student Volunteers: [Surya dev singh](#) , [Nitin yadav](#) ,
[Vishnu yadav](#)

No. Of participants: 78

Main points covered:

1. Mental health
2. Mental illness
3. Maintaining positive mental health

Feedback of the students: knowledgeable webinar,

Informative information related to present situation .

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PRESS NOTE:

Name of Department : DEPARTMENT OF PHYSICAL EDUCATION

Topic: YOGA : A WAY OF HAPPINESS AND WELL BEING

Resource person:

CHIEF GUEST – PROF. INDU MAZUMDAR (Retired prof. From L.N.I.P.E. Gwalior and V.C. and visiting professor at university of Wisconsin U.S.A. and Dean at school of sports Education, ITM University , Gwalior.)

GUEST OF SPEAKER—Dr. BHASKAR SHUKLA SIR AWARDED AS “SHIKSHA SRI SAMMAN 2017”BY HIGHER EDUCATION .

No. of participants: 85 above participated also including the faculty members including Prof Madhurima Pradhan(director of coinciding and guiding cell), Dr Archana (Department of Sociology) , Dr.Mohd. Tariq ,Dr Awadhesh Kumar Shukla ,Dr Tripti Singh, Dr. Ganesh Shankar Pandey

Main points covered :

1. INDIAN PHILOSOPHY ON YOG,
2. SCHOOL OF YOGA ,
3. LIMBS OF ASTHANG YOGA
4. Benefit of physical education as subject in future
5. Yoga and sports

Feedback of students : Response was positive as many questions were put on for the queries.

- Knowledgeable webinar
- Informative
- Information related with present situation
- Benefit of yoga in future scenario in present and future scenario
- New education policy

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**Organized by:-
Department of Physical Education
in Collaboration with Counselling &
Guidance Cell, University of Lucknow
Lucknow**



Guest Speaker
Dr. Bhasker Shukla
Assoc. Prof.
Phy. Education HNB
Govt. P.G College, Naini,
Prayagraj Diploma in
Yoga Education, Lonavla
Award:- Shikshak Sri
Samman 2017 By Higher
Education U.P Govern.



***Chief Guest.**
Prof. Indu Mazumdar.
Retired Prof. from
L.N.I.P.E Gwalior.
Officiating V.C for
One Year *Visiting
Professor at
University of
Wisconsin U.S.A for
One Semester Current
Dean, School of
Sports Education, ITM,
University, Gwalior

**Topic:- Yoga-A
Way of Happiness
and Well Being.**

Date:- 02 July 2021

Time:- 03:00pm.

Joining link:- meet.google.com/bbm-covs-tha

Organizing Team

Prof. Madhurima Pradhan
(Director)
Counselling and
Guidance Cell
Lucknow university

Prof. Arvind Awasthi
(Head)
Department of
Physical Education
University of Lucknow

Dr. Shashi Kanaujia
(Coordinator)
Department of
Physical Education
University of Lucknow

STUDENT'S COORDINATOR
1) Anu.
2) Anjali Tomar
3) Garima Mishra.

STUDENT'S SPEAKER
1) Md. Asif Raja Khan
2) Aradhana
3) Shivani Gupta

STUDENT'S VOLUNTEER
1) Surya Dev Singh.
2) Nitin Yadav.
3) Vishnu Yadav