



Happy Thinking Laboratory
Department of Psychology
&
Counselling and Guidance Cell
Organizes Webinar
On:



SUBCONSCIOUS MIND AND WELLBEING

4th July, 2021

4:00 pm

PROF. MANJU AGARWAL

DEAN STUDENT WELFARE
AMITY UNIVERSITY, LUCKNOW

ORGANIZING TEAM

PROF. ARVIND AWASTHI

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Ms. MALVIKA TIWARI, Ms. PALLAVI SRIVASTAVA

DEPARTMENT OF PSYCHOLOGY

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MEETING ID 858 0051 3234

PASSCODE 889861

REPORT

Name of the Department: Department of Psychology

Topic: Subconscious Mind and Wellbeing

Resource Person:

Keynote Speaker: Prof. Manju Agarwal, Dean of Student Welfare, Amity University, Lucknow.

Faculty Members: Prof. Madhurima Pradhan, Director, Counselling and Guidance Cell,
University of Lucknow.

Prof. Arvind Awasthi, Head of the Department, Department of Psychology

Dr. Archana Shukla, Co-ordinator, Department of Psychology

Dr. Manini Srivastav, Co-ordinator CGC, Department of Psychology

Dr. Megha Singh, Assistant Professor, Department of Psychology.

Number of Participants: Almost 70 participants attended the webinar.

Main points covered:

1. Main focus of the session was to enlighten the students with the key aspects of subconscious mind and how it can be trained in an effective manner to help boost their self esteem.
2. Introduction to the concept of mind and subconscious mind.
3. Explanation of how subconscious receives visuals and interprets and stores it which will later become our action and behavior.
4. Discussion on how we can possibly change our thought patterns to boost our self esteem, with language playing a major role in our thought processes, the manner in which we supply information the results will be similar to it.
5. Importance of use of positive connotations in present continuous and not in future tense.
6. Showcasing of a self affirmative audio-video clip, to enhance level of self esteem.
7. Importance of critical questioning and how self talk should change according to the desired goal.

Feedback of Students:

1. Very informative session.
2. Insightful.
3. Interactive Session.
4. Easy to understand and implement.
5. Comprehensive and useful.



