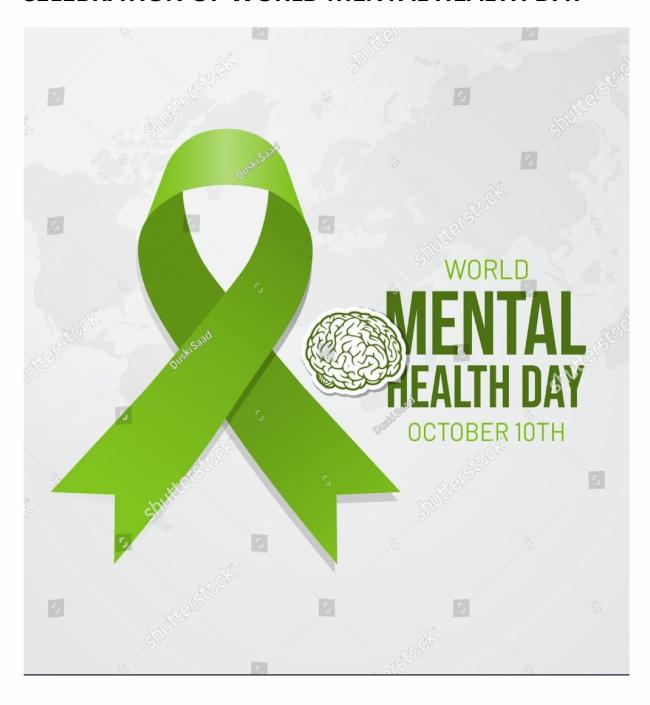
CELEBRATION OF WORLD MENTAL HEALTH DAY







INIVERSITY OF LUCKNOV

(Accredited A-- by NAAC)



Happy Thinking Laboratory

In Association With

Counselling And Guidance Cell

Is organizing

A Visit Of Underprivileged Adolescent Girls From Shohratgarh Environmental Society

World Mental Health Day

THEME-"MENTAL HEALTH IS A UNIVERSAL **HUMAN RIGHT"**

10th October,2023



1:00 P.M. Onwards



ONGC Building, Happy Thinking Laboratory,

Patron

Convenor

Vice Chancellor University of Lucknow

Expert Happy Thinking Laboratory

PROF.ALOK KUMAR RAI PROF.MADHURIMA PRADHAN PROF.M.PRIYADARSHINI Director, HTL DR. VAISHALI SAXENA Director, CGC

Happy Thinking Laboratory in association with Counseling & Guidance Cell organized a Visit of Underprivileged Adolescent Girls from Shohratgarh Environmental Society Lucknow on World Mental Health Day in Happy Thinking Laboratory, ONGC Building, 3rd floor, University of Lucknow on 10th October 2023 at 1:00 pm. The theme of the program was "Mental Health Is A Universal Human Right".

Prof. Madhurima Pradhan, Expert of Happy Thinking Laboratory welcomed the coordinator from Shohratgarh Environmental Society Miss. Meenakshi Singh along with 25 girls and other faculty members.

The program started with the introduction of every girl. Each girl was invited to give introduction along with her "Mission of Life".

Miss. Meenakshi Singh, coordinator of Shohratgarh Environmental Society told about her organization. This organization raises the social issues like unisex, LGBT group and Women Empowerment etc.

Prof. Madhurima Pradhan, Founder Director of HTL, Prof. M. Priyadarshini, Director of HTL and Prof. Vaishali Saxena, Director of Counseling and Guidance Cell interacted with girls about their awareness regarding mental health, impact of positive/negative thoughts in producing positive hormone, DOSE (Dopamine, Oxytocin, Serotonin and Endorphins) and stress hormone (Cortisone Adrenaline). Students asked about healthy diet, nutrition, sleep and exercise for securing good physical health. They also asked about how to inculcate positive thoughts with small acts of routine life. The role of understanding the true meaning of women empowerment was emphasized and recognition of their strengths to produce their desired results to achieve the goal of life was highlighted. In today's society girls have to recognize their strengths of creation, protection, nurturance and motherhood and they are already much ahead of men. If required they can even take the role of Durga for bringing the positive societal change.

The program was ended with activities, visiting the silence room and whole Laboratory.

ACTIVITIES:

1) With the help of an activity the girls were familiarized about the role of expressing the thankfulness and feeling a sense of gratitude to their parents, teachers and fellow students, the gifts of life, nature and God. Expressing gratitude brings positive results for good health.





2). In another activity, the girls were given a chance to reflect upon their negative habits which they wanted to change in their lives. They were required to write them upon an inflated balloon and then burst it. Few negative qualities were mentioned like feeling angry, having stage fear, anxiety etc. 25 girls and 4 faculty members attended the program and shared their feedbacks. Few feedbacks are here —

"Best experience of my life ", "Very inspiring and knowledgeable", "Felt peaceful".

















Mental Health Is A Universal Human Right Date - 10/10/23 S.N. Name Contact Signature Beenu Singh 7068555900 Ragini Srivastara (APC) Healty 9 9648700128 Neeler River 723799342 Khushi singh 8429929910 Baraswate . 9648849236 Pandey Simulan 7392876753 7392876753 Pandey of Ragini Crupta Sonika Rawa+ 6307366311 Karin (9) 7752807424 Sonetro Laiba Khan 10 7355569176 Laiba Adite Saivas fava 9455156343 11 Mili sylator Scindhyp 12 Sandhya Rawat 7510072166 Anushka kumari 13 7393892072 Shalpe 14 705.285/399 Anshika Bajpai Ohshite 915-1772995 Apeksha Baspai 16 8423886380 Salone fivore 17 7860037063 Jainab Pauveen 18 7235045425 hinas Idoushi 10 Mahak mahak 8576810722 Anshika Shukla Anshide 200) 9792100814 Archita Mishra 21 delita 9598157112 Anushka Sharema 22 7275037816 Author Anushka Lingh 23 And 7497972915 Pouti Buchi Trivedi 7905624540 24 Dipti Shukla 25 9555261698 Rupa broßta Ruba 26 9984670626 Snehg Sneho Dirit 27 8009927283 Stivani pal 28 hivan 9628924118