



लखनऊ विश्वविद्यालय
University of Lucknow
(Accredited A++ by NAAC)

HAPPY THINKING LABORATORY
And
DEPARTMENT OF ENGLISH & MODERN EUROPEAN LANGUAGES
In association with



Is Organizing a Lecture on
MEDITATION ON JOY & PEACE
by
Mr. V.K. Khanna
Senior Faculty, Art of Living

Date: 13.10.2023 @ 12:00Noon

Venue: Department of English & Modern European Languages,
University of Lucknow



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

Convenor

Prof. M. Priyadarshini, Director HTL & Head, Dept. of English & MEL
Dr. Vaishali Saxena, Director CGC
Prof. M. Pradhan , Technical Expert, HTL

DEPARTMENT OF ENGLISH AND MODERN EUROPEAN LANGUAGES

A Report on the lecture on "Meditation on Joy and Peace"

13th October 2023

3:00 PM - 4:00 PM

The Department of English and Modern European Languages, University of Lucknow, organized a lecture on "Meditation on Joy and Peace" by Mr. V. K. Khanna, the senior faculty, Art of Living. It was convened by the Head of the Department, Prof. M. Priyadarshini, and was equally supported by the faculty members of the department. Dr. Vaishali Saxena, Director of CGC and Prof. Madhurima Pradhan, the technical expert, Happy Thinking Lab was also amongst the guest of honour. The lecture benefitted the students and research scholars of the department. The respected speaker enlightened the students with the benefits of meditations and spiritual regeneration. He started with explaining the basics of Dhyaan and Dhaarna, two of the stages of Ashtanga Yoga. He also emphasized majorly on Bhastrika Pranayam, which helps us to energize our body and mind. It is undertaken by improving the breathing technique so that our body cleanses itself from the negative emotions and energies. It was a recreational as well as an enlightening lecture. Ruchi Kaushik, the meditation and breath-work trainer at Art of Living, complemented the session with her expertise as well. The lecture also prompted the well-being of our bodies, mind and soul and focused on the importance of happiness in our lives. He explained the various aspects of our bodies, its contact with the environment and with our thoughts. Mr. Khanna showed how we can declutter our minds and achieve high level of concentration. It can enhance the life energy inherent in our spirits. He also supervised the mediation practices which the students, scholars and the faculty members of the department thoroughly enjoyed and participated in. Mr. Khanna also taught the meditation techniques, including the elements of gratefulness and complacency and highlighted the role of soulful meditations in empowering and ensuring the well-being and prosperity of the society. The program concluded with a vote of thanks delivered by Prof. Fatima Rizvi.











1. Swathi devi
2. Kritika Pushkar
3. Shikhar Mishra
4. Abhai Kumar Singh
5. Vivek Pandey
6. Anurag Shukla
- (7) Anand Yadav
- (8) Vadanya Srivastava
- (9) Ayush Chauhan
- (10) Abhishek Saini
- (11) Saurav Pandey
- (12) Jyoti Patil Kumari
- (13) Surabhi Mishra
- (14) Sunil Pandey
- (15) ~~Sunil~~ Saurabh Saini
- (16) Himanshi Himanshi
- (17) Arani Chaudhary
- (18) Bishabh Saket
19. Anurag Singh
20. Kirti Singh
21. Nishant Kumar Gauran
22. Anurag Shukla

Swathi
Kritika
Shikhar

Vivek

~~Anurag~~
Anand

Vadanya

Ayush

~~Abhishek~~
Saini

Jyoti

Surabhi

Sunil

Saurabh

Arani

Bishabh

Anurag

Kirti

Nishant

Anurag