

## **Report**

30 students from Rama Degree College visited Happy Thinking Laboratory on 12.02.2026. Dr. Kavita Pandey from Rama Degree College coordinated the whole event. Prof. M Priyadarshini, Director, Happy Thinking Laboratory, Prof. Vaishali Saxena , Director, Counseling and Guidance Cell welcomed the students and The visit started by explanation of posters by Prof. Madhurima Pradhan, Founder Director, Happy Thinking Laboratory. She explained the students about self awareness and its importance in our lives and gave a short introduction about the concept, inception and goal of the Happy Thinking Laboratory.

Preceding the visit further the students visited the Research Room which includes machines like Biofeedback. Bio-well and Karada Scan for the purpose of research and welfare of students and others.

Then they visited the spiritual library which consisted of the books to enhance positive living and well being. They also did a small activity named the Tree Activity where they plucked out the leaves which represented negative qualities and were yellow in color and replaced it with green leaves which comprised of positive qualities. The students then proceeded towards the Silence Room where they did guided meditation and came out of it feeling calm, happy and rejuvenated.

The visit ended with a written feedback from the students about the visit. They highly appreciated the concept of establishing Happy Thinking Laboratory at the campus of University of Lucknow for the welfare of student and community.





## Attendance

Date	Name, E.mail & Address	Tel. No.	Comments
12/2/26	Bhaskar Sahu Bhaskarishau8770@gmail.com	9026794973	))
12/2/26	Shoam Shukla Shuklaashoam@gmail.com	7997944777	))
12/2/26	Ayush Yadav ay406724@gmail.com	8800533509	))
12/2/26	Priyanka Kumari PK7624450@gmail.com	8840744960	it was good.

Date	Name, E.mail & Address	Tel. No.	Comments
12/02/26	Mandari Mishra, mandvimishra1@gmail.com K. Shahpur, Chinhatal Lucknow	9452039104 ✓	
12/02/26	Shreya Mishra, shreyamishra29062001@gmail.com K. Chinhatal Lucknow	9451531727 ✓	
12/02/26	Pooja Tripathi, pojatripathi200702@gmail.com 1/5, Gouti Nagar, Extension Lucknow	7307912274	It was a great experience.
12/02/26	Jyoti Saini sjyotisaini@2234592@gmail.com. Amity university near rajalgaoncity	9935380388	))
12/02/26	Muskan Kewat, Muskankewat699@gmail.com, Iaulai Chinhatal Lucknow.	7985077699	))
12/02/26	Mani Mawya, Manshimawya9056@gmail.com, Indira Nagar LKO,	9119666158	))
12/02/26	Richa Sharma, RichaKhushP@8400@gmail.com Chinhatal	840024637	))
12/2/26	Ayushi Pal ayush-pal5004@gmail.com	8957423678	))

Date	Name, E-mail & Address	Tel. No.	Comments
12-02-26	Unnati Shashwat, unnatishashwat18@gmail.com, him city part -1, duwa road, chintat, Lucknow	7307665467	It was a good experience.
17/02/26	Manshi Singh, Pushpa8795372097@gmail.com, Vijay Khand Gomti Nagar Lucknow	8795372097	"
12/2/26	Kajal Pandey, KajalPandey813@gmail.com, vijay Khand gomti Nagar Lucknow	6386075534	"
12/2/26	Manshi Yadav, yadavstamam925@gmail.com, Gomti Nagar Lucknow	6394259323	"
12/2/26	Phoolmati Kashyap, phoolmatikashyap993@gmail.com, gomti Nagar Lko.	8174520302	"
12/2/26	Anchal Sharma, Matihazi, Lucknow	8707725346	"
12/2/26	Shweta Gupta, guptashweta@gmail.com, Chintat Lko.	9519699439	"
12/2/26	Arpita Mishra, mishraashokkumar227@gmail.com, Chintat Lko.	956966335	"

12/02/26	Suryam Pandey, Suryampandey211@gmail.com, Chintat, Lucknow.	9532438300	I loved it.
12/02/26	Rajshree, Parshu5560@gmail.com, Chintat Khergabus Gomti Nagar Lko	8781969549	Very nice
12/02/26	Siddharth Rai, SiddharthRai2112@gmail.com, Kursi Road Lko	7376467850	Good Experience
12/02/26	Pranthonu Bajpai	8896006922	"
12/02/26	Roshni Rawat, Vishal Khand-1, Gomti Nagar Lucknow.	9335397667	"
12/02/26	Vanshika Singh, Chintat Lucknow.	8756494693	"