

REPORT: WORKSHOP ON MEDITATION AND WELLNESS

On November 26-27, 2024, Happy Thinking Laboratory (HTL) in collaboration with Counselling and Guidance Cell (CGC) organized two days' workshop titled "Meditation and Wellness" in HTL, ONGC Building, University of Lucknow. The workshop aimed to equip students with effective meditation strategies and emphasizing its role in enhancing both physical and mental fitness. The event featured Dr. Shiwani Mishra as the Event Facilitator, who shared valuable insights and enriched the experience for all participants.

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

 **Counselling and Guidance Cell**
University of Lucknow

HAPPY THINKING LABORATORY
University of Lucknow
in Collaboration with

COUNSELLING & GUIDANCE CELL
is organizing a
Workshop
on

Meditation and Wellness
26th-27th November, 2024

Meditation Facilitator: Dr. Shiwani Mishra

Venue: H.T.L., ONGC Building,
University of Lucknow

Time: 12:30–3:00 pm

Registration fee Rs.500/-
Certificates will be given to
every registered participant



Scan this code for payment



Prof. Alok Kumar Rai
Patron
Honourable Vice-Chancellor
University of Lucknow

Conveners
Prof. M. Priyadarshini,
Director H.T.L. & Head,
Dept. of English & M.E.L.
Dr. Vaishali Saxena,
Director C.G.C.

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The first day of the workshop introduced students to the importance of mental well-being in the academic journey. Dr. Shiwani Mishra, the event facilitator, began by emphasizing the role of mindfulness and meditation in achieving focus, reducing stress, and improving cognitive abilities. The session provided an overview of the scientific benefits of meditation and its positive impact on study habits.

The event began with the traditional lighting of the lamp, a symbolic gesture to mark the inauguration of the workshop. This auspicious ceremony set a positive tone for the two-day event and was followed by welcoming remarks.



On the second day of the workshop, Dr. Shiwani Mishra focused on the concept of chakras and their significance in promoting mental and physical well-being. She explained how the seven main chakras, or energy centers in the body, influence our emotions, stress levels, and overall health. Dr. Mishra discussed how blockages or imbalances in these chakras could affect concentration, mood, and even academic performance. She guided participants through exercises and meditative practices designed to help them balance and activate their chakras, aiming to enhance focus, reduce anxiety, and improve their overall sense of well-being. This session provided students with a deeper understanding of how aligning their chakras could support both their mental clarity and academic success.



Key activities during the workshop included an introduction to meditation, where Dr. Mishra guided participants through basic techniques aimed at calming the mind and enhancing concentration. She also taught simple yet effective breathing exercises to help students manage stress and anxiety, which are common challenges for those preparing for competitive

exams. Additionally, the session emphasized the importance of mental awareness, encouraging attendees to stay present during their study sessions and adopt mindful learning techniques to improve focus and retention.



Professor M. Priyadarshini addressed the participants, emphasizing the importance of meditation and wellness for students. She highlighted how regular meditation practices can significantly enhance mental clarity, reduce stress, and improve overall well-being, which is essential for academic success. Professor Priyadarshini explained that a healthy mind and body are crucial for students to maintain focus, manage exam pressures, and boost their performance. She encouraged students to incorporate meditation, mindfulness, and wellness routines into their daily lives to not only excel in their studies but also maintain a balanced and healthy lifestyle.

Dr. Vaishali Saxena, Director of the Counseling and Guidance Cell, delivered the vote of thanks at the event, expressing sincere gratitude to Honorable Vice Chancellor Prof. Alok Kumar Rai, Event Facilitator, Dr. Shiwani Mishra, and Prof. M. Priyadarshini, Director of the Happy Thinking Laboratory. She also thanked the coordinators and all participants for their collaborative efforts that contributed to the event's success.

The “Meditation and Wellness” workshop successfully achieved its goal of equipping students with valuable tools for improving both their academic performance and mental wellbeing. Dr. Shiwani Mishra's expert guidance and the integration of wellness practices

provided the students with a holistic approach to academic success. The collaboration between Happy Thinking Laboratory (HTL) and the Counselling and Guidance Cell (CGC) was a great success, and the participants left with a sense of empowerment, feeling more equipped to handle the stresses of academic life and competitive exams.

ATTENDANCE

26/Nov/2024 (Meditation and Wellness)				27/Nov/24			
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