

Webinar Series on Mental Health and Hygiene

Counselling and Guidance Cell, University of Lucknow also took an initiative for Mental Health and Hygiene . It organized a three day webinar series in association with Heartful Campus from October 26 to 28, 2020. In the afternoon session on 26 October,experts from Heartfulness Campus enlightened the students about the balance between heart and mind for the holistic development of personality so that they may be able to deal with the challenges they face daily in a better way. The session's theme was **“Peak Performance: Unleashing the Potential”**and the resource person was **Ms. Rikita Sawroop** The session was quite interactive with queries from the participants which were dealt skillfully by the resource person of the day Dr. Rikita.



Rikita Swaroop
Trainer for MEPSC, Soft skills



Dr. Veronique Nicolai
Pediatrician, Yoga Instructor.



Dr. Ashish Johri
Principal Consultant- Synergie HR

-Mastering your mind by nurturing the intelligence of the Heart-

26th October 2020 - 28th October 2020

3:00 p.m. to 4:00 p.m.

contact us- campus@heartfulness.org



Join us

Inauguration of Counselling and Guidance cell (CGC)
Psychology Department.
University of Lucknow

Theme: Mental Health Care and Support: Perspective of NEP 2020
Date - 26, October 2020
Time: 11:30 AM



Meeting ID: 875 6631 2339
Passcode: CGC@123

[CLICK HERE
FOR ZOOM](#)



<https://youtu.be/uE6S5XmpvXg>



Counselling and Guidance Cell University of Lucknow in association with
Heartful Campus
Invites you for

Three days Webinar series on

Mastering your mind by nurturing the intelligence of heart.

Date - OCTOBER 26-28, 2020

Time - 03:00-04:00 pm



Meeting ID: 834 8536 3600
Passcode: 624585

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for ZOOM](#)



Day 1: <https://youtu.be/gLUoUFhXtQw>
Day 2: <https://youtu.be/TvHFtSslSrY>
Day 3: <https://youtu.be/460evHBUOxA>



REPORT OF THE THREE DAYS WEBINAR SERIES ORGANIZED BY COUNSELLING AND GUIDANCE CELL IN ASSOCIATION WITH HEARTFUL CAMPUS

THEME- MASTERING YOUR MIND BY NURTURING THE INTELLIGENCE OF HEART

DATE-26-28 OCT, 2020

DAY-1 (26 OCT, 2020)

On 26th October, 2020 at 3:00 pm the Counselling and Placement Cell, University of Lucknow started its first activity with collaboration of Heartful Campus. A three day webinar series was organized with the theme Mastering your mind by nurturing the intelligence of heart. The first session was taken by Rikita Swaroop, practitioner and trainer Heartful campus on the topic Peak Performance- Unleashing the potential speaker. The session was started with the warm welcome of the esteemed speaker by Dr. Lalit Kumar Singh, Deputy Director, Counselling and Placement Cell. After that Rikita Ma'am continued with the session by exploring the perspective on the students with different questions like according to you what is the peak performance, when do you find yourself at your peak, what are the factors that govern you to achieve peak in your performance etc. The students answered the questions with the help of menti meter which were handled by the speaker one by one. In the end of the questions she explained that typical responses are usually divided into 2 categories- one is the expansive condition and other is the contracted condition. Expansive conditions refer to the positive emotions and thoughts that the person experiences which lead to one's peak performance, such as, joy, enjoy, confidence, calmness etc. Contrary to this, there is contracted condition that decreases one's resources and obstructs peak performance, such as, fear, apprehension, anger, distractions etc. in addition, she also emphasized the importance of meaningful pause which actually helps the person in gaining insight into his work and facilitates him by channelizing his energy. A video of tennis performance was shared and concept of Timothy Gallwey written in his book on 'Inner Game of tennis' was discussed.

She also explained that

Performance = Potential-Interference

She also talked about the two selves which are doer and teller and quoted that "If we work together, we can be awesome". After this extensive discussion she discussed the importance of meditation and highlighted the relevance of heartful meditation in attaining peak performance. A 20 minutes session was devoted to the exercise of meditation. With the help of this exercise she explained the concept of concentration, frustration and day dreaming which were related to focus and efforts of the people who do meditation. In the end, she emphasized that the key is to clear the subconscious system. Session ended with the vote of thanks given by Dr. Megha Singh.

On **27 October, 2020**, the second day of webinar, **Dr Shyam Ji Mehrotra** shared valuable information on the topic of **Stress Management**. This programme was successfully moderated by Dr Megha Singh, Assistant Professor, Department of Psychology . The participants actively interacted with the speaker throughout the session. Dr. Mehrotra introduced participants to the various types and sources of stress and encouraged them to share their own experiences regarding stressful situations they faced in personal life. For promoting and strengthening positive mental health among students, that would enable them to effectively cope with the challenges of life , an interesting meditative exercise was conducted by the speaker in which all students actively participated.

On 28 October, 2020, on the third day of webinar, **Dr. Ashish Johri** Principal Consultant Synergie HR shared his valuable thoughts on the topic of **“Dealing with Uncertainty- Being Resilient During Crisis”**.Dr. Johri encouraged participants to probe deeper into their inner self and understand the real source of crisis within them. It is our reaction to this uncertain situation or crisis that determines whether we will become hopeless or will end up developing new potentialities about which we were unaware of. Dr. Johari explained how uncertainty creates dilemma and incongruence within ourselves and that contributes in emotional problems. He also conducted a rejuvenating meditative session focused on lifting away the burden of negative thoughts within mind. All the participants, took part in this meditative exercise.

The recordings of three event can be watched at the You tube link

Students Registration Link

For availing the facilities of Counselling and Guidance Cell, Students may register at:

<https://forms.gle/DHvn6hViWoYQF5s78>

Youtube Channel

To access the videos of the programs check out our YouTube at :

https://youtube.com/channel/UCHg-VHT9IDf0mw3VuHY5_aQ