

REPORT OF PROGRAMS
HAPPY THINKING LABORATORY
UNIVERSITY OF LUCKNOW
2024-2025

| S. No. | Date / Time | Name of Event | Venue / ON / Offline / Department | Resource Person / Coordinator | View / Download |
|--------|-------------------------------------|---|--|--|--|
| 1. | 12 -18 August 2024 12:00 noon | <p>Anti-Ragging Week (Group Discussion, Essay Competition, Poster Making and Slogan Writing, Creative Writing, Documentary Screening)</p>   <p style="text-align: center;">DEPARTMENT OF ENGLISH AND MODERN EUROPEAN LANGUAGES UNIVERSITY OF LUCKNOW</p> <p style="text-align: center;">in observation of <u>Anti-Ragging Day</u> on August 12, 2024 cordially invites all the stakeholders for a Group Discussion on <u>Anti-Ragging</u></p> <p>Date- August 12, 2024 Time- 12:00 noon Venue- Language Lab, Department of English and M.E.L.</p> <p style="text-align: center;">Prof. M. Priyadarshini Head Department of English and Modern European Languages University of Lucknow</p> | Department of English and Modern European Languages Offline | Prof. M. Priyadarshini | View / Download View / Download View / Download View / Download |
| 2. | 11 September 2024 1:30 PM-#:00PM | Vivekanand Chikago Speech | Happy Thinking Laboratory Offline | Dr.Shraddha Chandra Dr.Vaishali Saxena Prof.M. Priyadarshini | View / Download |





COUNSELLING & GUIDANCE CELL
 in association with
Happy Thinking Laboratory
 is organising a Speech Competition
 on
"Vivekananda Chicago Speech"
 Date : September 11th, 2024
 Time : 01.30 pm
 Venue: Happy Thinking Laboratory, University of Lucknow



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

Convener
 Dr. Vaishali Saxena, Director Counselling & Guidance Cell
 Prof. M. Priyadarshini, Director Happy Thinking Laboratory

Coordinated by
 Dr. Shradha Chandra, Department of Public Administration

Registration
https://docs.google.com/forms/d/1F4xOJ5d9n8fGwBceJyocA0Y0U8HwONy8EM8EWS8EMYO7y8tN4y8e8em7u8e8al_8sk


3.

12 September 2024
2:30 PM-4:00PM

(Convocation Week Celebration)
Monoact Competition
Singing Competition



Convocation Week Celebrations
 DEPARTMENT OF ENGLISH AND MODERN EUROPEAN LANGUAGES,
 HAPPY THINKING LABORATORY AND COUNSELLING AND GUIDANCE CELL,
 UNIVERSITY OF LUCKNOW

Mono Act Competition

12th SEPTEMBER, 2024
 02:30 PM

Venue:
 Seminar Hall, Department Of English
 And Modern European Languages
 University of Lucknow

Scan here to Register




Convocation Week Celebrations
 DEPARTMENT OF ENGLISH AND MODERN EUROPEAN LANGUAGES,
 HAPPY THINKING LABORATORY AND COUNSELLING AND GUIDANCE CELL,
 UNIVERSITY OF LUCKNOW

SINGING COMPETITION

12TH SEPTEMBER, 2024

3:30 PM

Scan here to Register



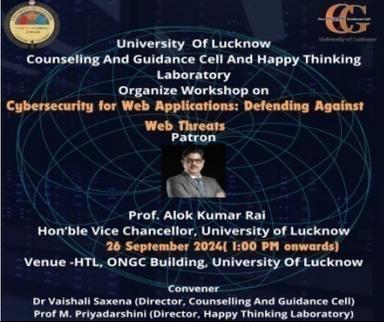
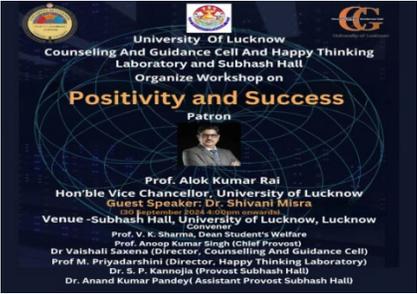
VENUE
 Seminar Hall, Department Of
 English And Modern European
 Languages
 University of Lucknow

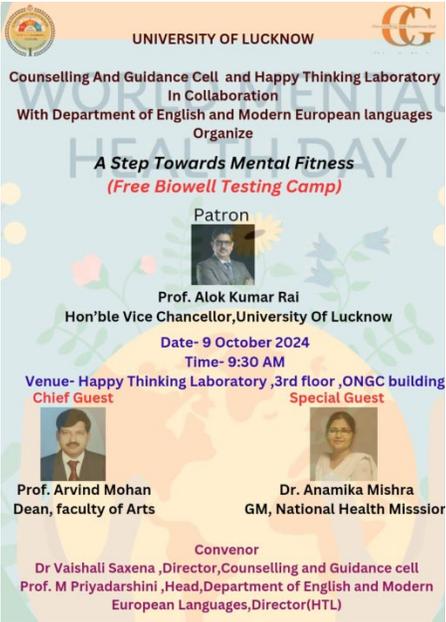
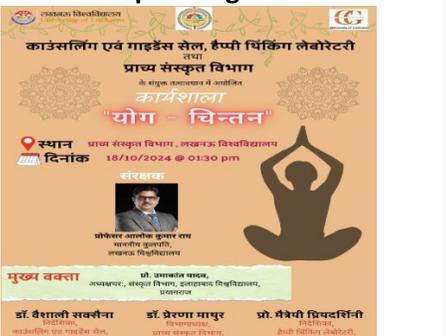
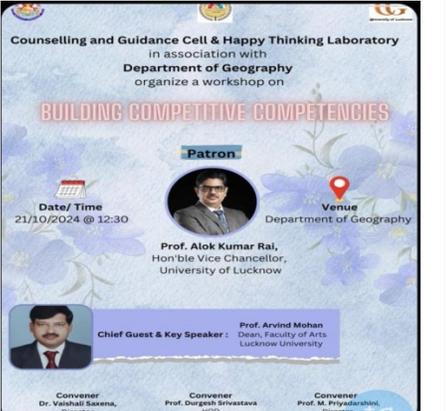
Saminar Hall, Department of
 English and Modern
 European Languages
 Offline

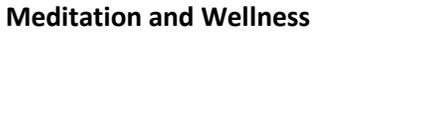
Dr.Vaishali
 Saxena
 Prof.M.
 Priyadarshini

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| 4. | 25 September 2024 1:00PM- 3:00 PM | Workshop on Well- being and Stress Management  | Department of Applied Economics Offline | Dr. Shivani Mishra Dr.Vaishali Saxena Prof.M. Priyadarshini Prof.Archana Singh Dr. Aastha Pathak | View / Download |
| 5. | 26 September 2024 1:00PM- 3:00 PM | Cyber security for web applications: Defecting against web treats  | Happy Thinking Laboratory Offline | Dr.Vaishali Saxena Prof.M. Priyadarshini | View / Download |
| 6. | 30 September 2024 4:00 PM- 5:30PM | Positivity and Success  | Subhash Hall Offline | Dr. Shivani Mishra Dr.Vaishali Saxena Prof.M. Priyadarshini Prof.V.K Sharma Prof.Anoop Kumar Singh Dr. S.P. Kannoja Dr. Anand Kumar Pandey | View / Download |
| 7. | 07October 2024 12:00PM- 3:00 PM | Study Smart and Scientifically  | Smart Room, Dept. of Western History | Ms.Abha Joshi Dr.Vaishali Saxena Prof.M.Priyadarshini Prof.Amita Sonker | View / Download |

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| 8. | 09October 9:30 AM 1-:00 PM | A Step toward mental fitness  | Happy Thinking Laboratory Offline | Dr. Anamika Mishra, GM, National Health Mission Prof. Arvind Mohan, Dean of the Faculty of Arts | View / Download |
| 9. | 18 October 1:30 PM- 3:00 PM | A Workshop on Yog Chintan  | Oriental Studies in Sanskrit Offline | Prof. Umakant Yadav Dr. Vaishali Saxena Prof. M. Priyadarshini Dr. Prerna Mathur | View / Download |
| 10 | 21 October 12:30 PM- 3:00 PM | Building Competitive Competencies  | Department of Geography Offline | Prof. Arvind Mohan Prof. Durgesh Srivastava Prof. M. Priyadarshini Dr. Vaishali Saxena | View / Download |
| 11. | 23 October 2:00PM- 3:00 PM | Rivers And Human Civilization | Counseling & Guidance Cell Class Room Offline | Prof. M. Priyadarshini Dr. Vaishali Saxena | View / Download |

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| | |  <p>Happy Thinking Laboratory & Counseling & Guidance Cell in association with Lok Bharthi is organising an Essay Competition on Rivers and Human Civilization (नदियों एवं मानव सभ्यता)</p> <p>नदियों को जाने</p> <p>Date / Time: 23/10/2024 @2:00-3:00pm Venue: Happy Thinking Laboratory,ONGC Building , University of Lucknow</p> <p>Patron Prof. Alok Kumar Rai Hon'ble Vice Chancellor University Of Lucknow</p> <p>Guidelines</p> <ul style="list-style-type: none"> • Word limit- 800-1000 words • Duration-1 hour • Kindly bring your pen • Language - English/Hindi <p>Convenor Dr. Vaishali Saxena Director, Counseling & Guidance Cell</p> <p>Scan & Register</p> <p>Convenor Prof. M.Priyadarshini Director, HTL & Head, Department of English and MEL</p> | | | |
| 12. | 25October 2:00PM- 3:00 PM |  <p>Happy Thinking Laboratory and Counselling & Guidance Cell in association with Department of English and M.E.L are organizing a workshop on "Technique of Mindfulness"</p> <p>Date : 25/10/2024 Time : 2:00-3:00PM</p> <p>Patron Prof. Alok Kumar Rai Hon'ble Vice Chancellor University of Lucknow</p> <p>Venue: Smart Lab, Department of English and M.E.L</p> <p>Chief Speaker : Vasundhara Sharad Shukla (Expert)</p> <p>Convenor Prof. M.Priyadarshini, Director,HTL and Head, Department of Englishand M.E.L</p> <p>Convenor Dr. Vaishali Saxena, Director, Counseling & Guidance Cell</p> | Smart Lab, Department of English and M.E.L Offline | Vasundhara Sharad Shukla Prof.M. Priyadarshini Dr.Vaishali Saxena | View / Download |
| 13. | 09 November 2:00PM- 3:00 PM |  <p>Counselling and Guidance Cell and Happy Thinking Laboratory In Collaboration With Department of Social Work, University of Lucknow Organize & Convene On</p> <p>"Career Opportunities in Development Sector"</p> <p>Date: 09 November Time: 1:00 PM Venue: HRM Hall, Department of Social Work</p> <p>Guest Speaker Dr. Saurabh Singh Chauhan</p> <p>CONVENOR Dr. Vaishali Saxena, Director, Counseling and Guidance Cell, University of Lucknow Prof. Madhura Priyadarshini, Happy Thinking Laboratory, University of Lucknow Prof. Rakesh Dwivedi, Head, Department of Social Work, University of Lucknow</p> | HRM Hall,Department of Social Work Offline | Dr. Saurabh Chauhan Prof. Rakesh Dwivedi Prof.M. Priyadarshini Dr. Vaishali Saxena | View / Download |
| 14. | 14 November 12:30PM— 3:00PM |  <p>UNIVERSITY OF LUCKNOW Counselling And Guidance Cell and Happy Thinking Laboratory In Collaboration With Department of Medieval and Modern History Organize Workshop on Key Requisite To Prepare for Competitive Examinations.</p> <p>Patron Prof. Alok Kumar Rai Hon'ble Vice Chancellor,University Of Lucknow Date: 14 November 2024 Time: 12:30 PM Venue: Happy Thinking Laboratory ,3rd floor ,ONGC building Expert: Ms. Antara Banerjee,Account Officer, University of Lucknow</p> <p>Convenor Dr. Vaishali Saxena ,Director ,Counseling and Guidance Cell Prof. M.Priyadarshini ,Director,Happy Thinking Laboratory Prof. S. A Rizvi ,Head, Department of Medieval and Modern History</p> <p>Coordinator Dr. Deepthi Jaiswal department of medieval and modern history.</p> | Happy Thinking Laboratory Offline | Dr.Antara Benerjee Prof.M. Priyadarshini Dr. Vaishali Saxena | View / Download |
| 15. | 26-27 November 12:30PM- 3:00PM |  <p>Meditation and Wellness</p> | Happy Thinking Laboratory Offline | Prof.M. Priyadarshini Dr. Vaishali Saxena | View / Download |

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| | |  | | Dr. Shiwani Mishra | |
| 16. | 28 November 12:30PM-3:00 PM |  | Happy Thinking Laboratory Offline | Prof.M. Priyadarshini Dr. Vaishali Saxena Ms.Abha Joshi | View / Download |
| 17. | 14 December 12:00PM-3:00 PM |  | A.K.Saran Conference Hall, Department of Sociology Offline | Prof. Jayashankar Pandey Dr. D.R.Sahu Prof. M. Priyadarshini Dr. Vaishali Saxena | View / Download |
| 18. | 14 December 3:00PM-5:00 PM |  | Kailash Girls Hall Offline | Prof. Babita Jaishwal Dr. Shiwani Mishra Prof. M. Priyadarshini Dr. Vaishali Saxena | View / Download |
| 19. | 18 December 2:00 PM-4:00PM | The art of Being Well | Birbal Sahni Hall Offline | Dr. Manisha Shukla Dr. Tanuka Chatterjee | View / Download |

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| | | | | Prof. M. Priyadarshini Dr. Vaishali Saxena | |
| 20. | 11 January, 2025 12:00PM-3:00 PM | | Happy Thinking Laboratory Offline | Prof.M. Priyadarshini Dr. Vaishali Saxena | View / Download |
| 21. | 23 January 2025 1:30PM-4:00PM | | Happy Thinking Laboratory Offline | Shri Gopal Upadhyay Shri Krishna Chaudhary Prof.M. Priyadarshini Dr. Vaishali Saxena | View / Download |