



लखनऊ विश्वविद्यालय
University of Lucknow



Happy Thinking Laboratory and
Counseling & Guidance Cell
In Collaboration with

Maitribodh Parivaar

Organise a Workshop

on

**Stress Management &
Emotional Stability**

Patron



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

Date: 14.07.2025

Time: 11:15

Venue: Abhyudaya, ONGC Building, 3rd floor,
University of Lucknow

Convenor

Prof. M. Priyadarshini
Director,
Happy Thinking Laboratory

Convenor

Dr. Vaishali Saxena
Director,
Counseling & Guidance Cell

Happy Thinking Laboratory and Counselling and Guidance Cell, University of Lucknow in collaboration with Matribodh Parivaar organized a Workshop on “Stress Management and Emotional Stability” on 14 July 2025 from 11:15 am at Abhyudaya, ONGC Building, University of Lucknow. The guests were welcomed by Prof. Matrayi Priyadarshini, Director, Happy Thinking Laboratory. The speaker, Sri Mitra Jeev, a direct disciple of Maitreya Dadashreeji delivered a profound discourse interspersed with inspiring life stories and spiritual teachings. He emphasized on the basics of stress management by focusing on self, self-development and self-retrospection leading to self-acceptance. The event was attended by members of Matribodh Parivaar, Prof. Madhurima Pradhan, ex- Director HTL and Dr. Vaishali Saxena, Director, CGC. The Vote of thanks was delivered by Prof. Matrayi Priyadarshini, Director, HTL.





14/7/25

Stress Management
Emotional Stability

(Abhyudaya
Yojna class)

Name	Contact/dept/class	Email
Poojita Devi	- Social Interaction	Poojibhai@poojita@gmail.com
Nishita Singh	"	snishita29@gmail.com
Shailendra Patel	"	shailendra.yadav44x@gmail.com
Manish Kumar	"	manishkumargmail.com
Komal Rana	"	ranakomal042000@gmail.com
Prakhar Sinha	"	psinha1ko@gmail.com
Pratik Kumar	"	pratik93052@gmail.com
Priyanshu Barua	"	priyanshubarua@gmail.com
Naincy Maurya	"	naincymaurya51@gmail.com
Akashika	"	gyatnashastri3245@gmail.com
Keshav Vihokarna	"	vishunkarnkeshav8@gmail.com
Harishm Soni	"	hs6890060@gmail.com
Adash Mishra	"	adashmis6377@gmail.com
Raghuendra Singh	"	raghuendra44@gmail.com
Abhishek Shukla	"	abhishekshukla1822@gmail.com
Suchi Dwivedi	"	suchidwivedi068@gmail.com
Rachit Srivastava	"	rachitsrivastava06@gmail.com
Raj Kumar	"	rajkumarbiygnow123@gmail.com
Gaurav Kanaujia	"	Gauravkanaujia71523@gmail.com
Madhu Verma	"	madhuverma@gmail.com
Neelam Mishra	"	Neelammishra62007@gmail.com
Reena	"	Reena1906967a@gmail.com
Pushpata Sharma	"	pushp026late20@gmail.com
Sandhya Sharma	"	
Poojita Devi	"	PoojitaDevi026719@gmail.com
Vaishali Anandhi	"	VaishaliAnandhi63@gmail.com
Anshika Yadav	"	Anshikayadav1k09006@gmail.com
Richa Modanwal	"	richamodanwal2006@gmail.com
Pallavi Verma	"	pallaviVerma839@gmail.com
Anushka Singh	"	anushkasingh0949@gmail.com
Pranjal Patel	"	pranjalpatel115@gmail.com
Amrjet Yadav	"	954478580@gmail.com
Anurag	"	anuragkumar17@gmail.com

Name	Class/dept./Contact	Email
Panul Pal	"	Panul Pal 5111@gmail.com
Ayushi Singh	"	Ayushi singh 0523@gmail.com
Shivani Kushwaha	"	Shivanikushwaha538@gmail.com
Gargee Singh	"	gargee30dec@gmail.com
Anusuya Verma	"	anusuyaverma193@gmail.com
Vaishnavi Dwivedi	"	dwivedivaishnavi165@gmail.com
Chandrika Yadav	"	Chandrika82@gmail.com
Amit Singh	"	Amit 123@gmail.com
Sumit Srivastava	"	SrivastavaSumit577@gmail.com
Anubha Patel	"	anubhapatel666@gmail.com
Ragini Upadhyay	"	raginiupadhyay@gmail.com
RANUL KUMAR	"	Ranul 420@gmail.com
Shivani Raygkumar	"	Shivani raygkumar@gmail.com
Anushka Patel	"	Anushka Patel
Apoorva	"	Apoorva
Antara Parveen	"	Montasha
Arjun Kashyap	"	Arjun Kashyap 4904@gmail.com
AKASH	"	Shukla mohar 1998@gmail.com
Satyendra kumar	"	Satyendra kumar 29774@gmail.com
Shahbaz	"	Shahbazalam93@gmail.com
Shabnam Bano	"	Shabnam bano muslim@gmail.com
Jyoti Alawrya	"	jam4629207@gmail.com
Sakshi Shukla	"	sakshishukla2090@gmail.com
Biya Bhaskar	"	Bijabhaskar4833207@gmail.com
Pooja Pathak	"	Pathakpooja.07india@gmail.com
Pranjali Mishra	"	mishra pranjali 666@gmail.com
Mithun Kumar	"	mithun singh 924@gmail.com
Shubham Mishra	"	am3745664@gmail.com
Archil Srivastava	"	archil Srivastava@gmail.com
Hkarish Singh	"	hs1995srivastava@gmail.com
Himanshu	"	Himanshu kanchan 66@gmail.com
Geetanjali	"	geetanjali2100@gmail.com
Rachin	"	Sakshi singh 903@gmail.com