



लखनऊ विश्वविद्यालय
University of Lucknow



(Pre- Convocation Events 2025)

**Happy Thinking Laboratory
and
Counselling & Guidance Cell**

**organise a session on
Defreezing Self
with
(International Students)
Patron**



Prof. Manuka Khanna
Hon'ble Vice- Chancellor
University of Lucknow

Date: 09.09.2025

Time: 2:00 PM

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

Convenor

Prof. M. Priyadarshini,
Director,
Happy Thinking Laboratory

Guest of Honor

Prof. R. P. Singh
Director,
International Cell

Convenor

Prof. Vaishali Saxena,
Director,
Counselling & Guidance
Cell

As part of Pre-Convocation events 2025, Happy Thinking Laboratory and Counselling and Guidance Cell, University of Lucknow organised one-day workshop on 09.09.2025. The topic of the workshop was **‘Defreezing Self’**. The workshop held in Happy Thinking Laboratory, ONGC Building, University of Lucknow. More than 60 International Students attended the workshop. The Guest of honour for the occasion was Prof R.P. Singh, welcomed by Prof.M. Priyadarshini, Director Happy thinking lab, inaugurated the event.

The event started on a pious note by the lightening of the lamp. The workshop transected a simple presentation format, fostering open and engaging discussions almost attendees. The open dialogue emphasized the crucial importance of nurturing a supportive environment specially tailored to the needs of international students. The students actively participated in team-bonding activity and play some games. Students from different countries like Tajikistan, Mauritius, Afghanistan, Bangladesh and Namibia also participated in the workshop.

The students also visited different sections of Happy Thinking Laboratory

- Research room
- Spiritual Library
- Wisdom Hall
- Silence Room

The Workshop was presided by Dr M Priyadarshini Director Happy Thinking Lab, Dr Vaishali Saxena, Director, Counselling and Guidance cell. Prof RP Singh, Director, International Collaboration and ISA also shared his views on Defreezing self of students.

The workshop concluded with a vote of thanks delivered by Prof.M.Priyadarshini, Director,Happy Thinking Laboratory and Prof.Vaishali Saxena,Director,Counselling & Guidance Cell. Both expressed their gratitude to Prof.R.P. Singh for his insightful presentation and to all the attendees for their active participation







9/9/25

Defreezing Self with international Students

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