

REPORT: A WORKSHOP ON “UPLIFT YOURSELF”

Happy Thinking Laboratory (HTL) and Counseling and Guidance Cell (CGC, University of Lucknow, organized a special event to commemorate World Mental Health Day on October 10, 2025. The celebration, held under the theme “*Uplift Yourself*”, aimed to promote mental health awareness and encourage the adoption of positive mental well-being practices among students and faculty. The event was held under the patronage of Prof. Manuka Khanna, Hon’ble Vice Chancellor, University of Lucknow, with Prof. M. Priyadarshini, Director, HTL, and Prof. Vaishali Saxena, Director, CGC, serving as Convenors. The initiative successfully fostered an environment of openness and collective responsibility for mental wellness, aligning with the broader mission of creating a supportive and emotionally healthy campus community.

**Happy Thinking Laboratory and
Counseling & Guidance Cell
celebrate
World Mental Health Day
10 October 2025
Uplift Yourself
(Together for Mental Wellness)**

Patron


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

Scan to Assess your Mental Health

Convenor
Prof. M. Priyadarshini, Director, HTL
Prof. Vaishali Saxena, Director, CGC



Participants engaged in interactive discussions and activities focused on emotional awareness, mindfulness, and self-assessment to evaluate mental health.



The positive feedback, combined with the high level of participant engagement, suggests that mindfulness is a valuable practice for improving mental health, emotional well-being, and overall life satisfaction.



Hon'ble Vice Chancellor, Prof. Manuka Khanna mam, emphasized the importance of the insights shared during the workshop and encouraged attendees to apply the strategies discussed to enhance their mental and overall well-being.

Prof. M. Priyadarshini, Director, HTL, emphasized the significance of the workshop and her broader perspective on the importance of mindfulness. The workshop aimed to introduce participants to mental wellness, its core principles, and practical techniques like breathing

exercises, body scans, and mindful observation. It explored the mental, emotional, and physical benefits of mindfulness, highlighting its positive impact on well-being.



Participants were provided with strategies to integrate mindfulness into daily routines, whether at work, home, or in social settings. Practical tips on incorporating mindfulness into daily routines, such as mindful eating or mindful listening, gave participants easy ways to continue practicing after the workshop. The workshop also sought to foster a supportive community where participants could connect, share experiences, and support each other on their mindfulness journeys.



Dr. Vaishali Saxena, CGC delivered the vote of thanks at the workshop, expressing gratitude to all participants, organizers, and faculty for their valuable contributions. In her closing remarks, conveyed heartfelt gratitude to the Hon'ble Vice Chancellor, Prof. Manuka Khanna, Prof. M. Priyadarshini, HTL and all participants and organizers, for their collective efforts in making the event a resounding success. She further emphasized that, building on the positive response and impact of this program, future workshops and follow-up sessions focusing on advanced mindfulness practices are being planned to continue promoting mental well-being within the university community.

ATTENDANCE

10/10/2025

(Uplift Yourself - Together for Mental Wellness)
(Mental Health Survey)

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