



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

Time- 4:00 p.m.

Venue - Office of the Vice Chancellor, University of
Lucknow

- **Launch of Mental Health Survey**
- **Mental Health Card Distribution**
- **Biowell Testing (11:00 onwards, HTL)**

Convenor

Prof. M. Priyadarshini, Director, HTL

Prof. Vaishali Saxena, Director, CGC

University of Lucknow Hosts Landmark Mental Health & Wellness Event: 'Uplift Yourself: Together for Mental Wellness' on Mental Health Day

LUCKNOW, U.P. – October 10, 2025 – In powerful observance of World Mental Health Day (October 10th), the Happy Thinking Laboratory and the Counselling and Guidance Cell of the University of Lucknow jointly organized a specialized awareness and intervention program titled "Uplift Yourself: Together for Mental Wellness." The high-profile event was held under the patronage of Honorable Vice-Chancellor, underscoring the University's commitment to the psychological well-being of its community.

The day's activities were meticulously designed to move beyond mere discussion to direct measurable actions, attracting enthusiastic participation from students, faculty, and administrators.

Key Highlights of the "Uplift Yourself" Program:

- * **Launch of Mental Health Survey:** A comprehensive, university-wide, anonymized mental health survey was launched to gather critical data on the psychological needs and challenges faced by the University community, ensuring future interventions are evidence-based and precisely targeted.

- * **Cutting-Edge Bio-Well Testing:** The Happy Thinking Laboratory conducted complimentary wellness screenings using the Bio-Well GDV Camera. This non-invasive technology measures the human energy field and stress levels, providing participants with a personalized assessment of their psycho-physiological state and actionable insights for well-being improvement.

- * **Distribution of Mental Health Cards:** The Counselling and Guidance Cell distributed dedicated Mental Health Cards to all attendees. These cards contain essential helplines, contact details for on-campus counselors, and quick-reference tips for managing common stressors, serving as a readily available "Spiritual Safety Kit" for students.

Respected Vice chancellor Prof. Manuka Khanna highlighted the importance of Mental Health in a fast changing and competitive environment for students.

Dean student Welfare Prof. V.K. Sharma and HTL Director Prof. M. Priyadarshini spoke about the need and importance of university-wide mental health survey and mental health cards.

CGC Director Prof. Vaishali Saxena addressed the need for psychological immunity and resilience, emphasizing that mental wellness is a collective responsibility that requires both institutional support and individual engagement.



