

**Report of Happy Thinking Laboratory**  
**Department of Psychology, University of Lucknow**  
**(6th June, 2020 - 22<sup>nd</sup> July 2021)**

S.no.	Name of webinar/workshop /activity	Date	No.of participants	Outcome
1.	<b>Webinar on Happiness:Different Strokes on the Canvas of Covid-19</b>	6 <sup>th</sup> -7 <sup>th</sup> June.2020	1573 participants registered	<p>Present webinar was an attempt to provide a platform for participants to collectively find out the answer of fundamental question of how to remain happy and mentally healthy even during turmoil? How to connect with our own self? How spirituality can be practiced in day today life to remain happy? An attempt has been made to reflect upon the potential of psychological knowledge which can be used more effectively in today circumstances and broaden the scope of Psychology in developing an understanding of science of happiness.</p> <p>For the webinar, department invited three speakers, Brahmakumari Sister Radha (Head of Lucknow zone of Brahmakumaris) and Ms. Aparna Nivetia (Founder and Chairperson Rejuvenation- A Spiritual Foundation) and Maa Madhu Chandra from Satguru's Isha foundation. These three speakers were joined by Prof Madhurima Pradhan (Head, Psychology Department, University of Lucknow), who has specialization in Positive Psychology, Counselling, Spirituality and Mindfulness.</p> <p><a href="https://youtu.be/R0wrPIyCi7A">https://youtu.be/R0wrPIyCi7A</a>  <a href="https://studio.youtube.com/video/VFKx68Tr_4/edit">https://studio.youtube.com/video/VFKx68Tr_4/edit</a></p>
2	<b>Online MOU between RERF, Mout Abu and University of Lucknow.</b>	06.11.2020	50	<p><b>Preamble:</b>  Sharing a common desire to empower the thoughts of youth to understand indigenous notion of happiness to build a world of peace, love and universal harmony by connecting science with spirituality, Education wing, Rajyoga Education and Research Foundation (RERF), Mount Abu and Department of Psychology, University of Lucknow (DPUL), Lucknow in order to share the facilities and expertise available in each other's organizations.</p> <p>RERF coordinator at Lucknow, Mr. Shobhit and Head of Gomti nagar Brahmakumari Ishwariya Vishwavidhyalaya BK Radha bahen helped university of Lucknow in establishing Happy Thinking Laboratory at ONGC building. The layout of Happy Thinking Laboratory was prepared with the suggestions of RERF and with mutual consent with the Head, Psychology Department, Prof. Madhurima Pradhan. Several BK members continuously helped in establishing the laboratory and connecting with students twice a week for two hours. Students from many departments visit here.</p> <p><a href="https://youtu.be/XXZDLMnBsE">https://youtu.be/XXZDLMnBsE</a></p> <p><u>8</u></p>

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3.	Offline MOU between Heartfulness and Happy Thinking Laboratory	18.11.2020	08	<p><b>Preamble:</b>            Sharing a common desire to empower the thoughts of youth to enable them to lead their lives with purpose and be of help to the society at large. Both the Parties, hereby expressed their commitment to collaborate with each other to conduct (i) educational, (ii) Heartfulness relaxation, meditation and (iii) other connected wellness workshops to help students and teachers to regulate their minds, moderate their tendencies, increase their concentration, sharpen the use of their will, introspect and self-analyse and accept people and situations in general. Through such workshops and Offerings of HET, we intend to help the students to improve their learning skills and behaviour, and inculcate humility, emotional maturity, confidence, stress management, self-awareness and most importantly, develop a sense of purpose towards life.</p> <p><b>Infrastructure:</b>            University of Lucknow will provide infrastructure for conducting trainings/workshops and meditation sessions. Department of Psychology, University of Lucknow will provide space for trainings/workshops/meditation/research work in the Happy Thinking Laboratory of the Department at ONGC building.</p> <p>The experiments /workshops/ trainings related with the topics from syllabus of Certificate course /Diploma courses / Value added courses/ Generic elective courses for skill enhancement will be conducted with mutual consent. All of these courses will be approved by Board of Studies, Department of Psychology and academic bodies of University of Lucknow. HET will provide study material to facilitate Department of Psychology in the development of curriculum and pedagogy development.</p>
4.	Online inauguration of Happy Thinking Laboratory by Hon'ble Governor, UP.	21.11.2020	100 approx.	<p>The research room was equipped with various apparatus; Spiritual library with many books, wisdom hall became functional with capacity of 60 participants, a green zone and a Silence room with meditation light and carpeted floor.</p> <p><a href="https://www.youtube.com/watch?v=VzEl61wV3mg">https://www.youtube.com/watch?v=VzEl61wV3mg</a>  <a href="https://www.youtube.com/watch?v=WfYjd2UIHKc">https://www.youtube.com/watch?v=WfYjd2UIHKc</a></p>
5.	Online webinar on training on Bio-Well GDV camera	23.11.2020	10	<p>All the participants were given seven hours training about using Bio-well GDV Camera based on Dr Kortokov technology, A Russian Physicist. After completing this training, faculty members and JRFs became able to scan fingers for getting the complete report of scanning including stress level, energy in different body parts, Biorhythms, Chakra alignment, Status of meridians and overall well-being.</p>

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6	<p style="text-align: center;"><b>ORIENTATION PROGRAM- DAY ONE</b></p> <p><b>1.Types of Meditation Classification</b></p> <p><b>2.Tools and Techniques used in research for academics.</b></p> <p><b>3.Basic Meditation course.</b></p>	10 <sup>th</sup> December, 2020	106 students of UG and PG Psychology registered.	<p>The resource persons of these sessions were, BK Radha Didi, (Regional Co-Ordinator, Happy Thinking Lab) and BK Girish Bhai, BK Mukul Bhai and Swarnlata Bahen.</p> <p>These sessions helped students to understand about different types of meditation and the foundation of practicing meditation. They also learned about different tools and techniques which can be used by students for pursuing researches in this area. The speakers emphasized the need to look inwards and analyse what kind of thoughts we are generating. It was explained that unless we detach ourselves from outside influence, we won't be able to hit the core inside us. Different areas were discussed on which students can pursue research work for enhancing happiness and quality of life of people of various age groups.</p> <p>Feedback of students was good. They showed their desire to learn more about meditation practice and pursue research project to fulfil academic requirements.</p>
4 7.	<p style="text-align: center;"><b>ORIENTATION PROGRAM- DAY TWO</b></p> <p><b>1.Meditation research conducted worldwide &amp; Statistics in research</b></p> <p><b>2.Basic Meditation course part II</b></p> <p><b>3.Meditation process</b></p>	11 <sup>th</sup> December, 2020		<p>The resource persons of these sessions were Dr. Shibkumar, Professor, Statistics, Symbiosis University, Pune; Sister Swarnlata and BK Ram Krishna (Psychologist and Organizational Consultant).</p> <p>The participants learnt about meditation researches conducted worldwide and how we can quantify its impact. Various studies conducted world wide were elaborated in the field of spirituality. Mr. Ram Krishna is a psychologist who supports government institutions, ministries and corporates.</p> <p>He cited example of a cyclone hitting area where he had set up camp to help the traumatized people. He took the participants through a journey where he told us the techniques to calm down the mind and practically use the meditative techniques and take the subject into deep relaxation state and further changing the thought process and healing the traumatized mind.</p> <p>It was an experiential session where participants learned to calm the mind and create visuals of thoughts and change the visuals gradually by creating positive affirmations.</p> <p>BK Swarnlata, conducted Day 2 of basic meditation course of Rajyoga. She explained how we can charge ourselves with the Supreme Soul or higher consciousness.</p>

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8	<p style="text-align: center;"><b>ORIENTATION PROGRAM- DAY THREE</b></p> <p><b>1. Different types of research classification and research methodology</b></p> <p><b>2. Basic Elementary Meditation Course - Part 2</b></p> <p><b>3 Meditation measuring parameters and spiritual research proposals</b></p>	12 <sup>th</sup> December, 2020		<p>The resource persons were Prof. Madhurima Pradhan, BK Swarnlata and Dr Sushil Chandra, Associate Director with Institute of Nuclear Medicine and allied sciences of Defence Research Development Organization (DRDO), New Delhi. The participants learned about different tools that are being used in Qualitative researches. Prof. Pradhan explained the interview Process, types of interview, how a purpose should be defined before resorting to interview, technique of taking interview which is a skill that has to be developed.</p> <p>Focus Group Discussion: The technique and problems</p> <p>Some interesting topics for research on happiness were suggested:</p> <ul style="list-style-type: none"> <li>• What are the indicators of Happiness?</li> <li>• Is happiness a choice?</li> <li>• Can money bring happiness or the role of money?</li> <li>• Is depression an outcome of what messages has given to the mind?</li> <li>• Can distractions like shopping, parlour is a way for happiness?</li> </ul> <p>It was a very informative and rich session on psychology and research in psychology. Sister Swarnlata explained the role of Soul and Supreme Soul in charging our lives. She explained the 8 powers that are part of the Soul. Our powers have diminished over the period of time. In order to emerge these powers, we have to connect with God who is the powerhouse of these 8 powers. Using these powers in workplace helps lead a happy and fulfilled life.</p> <p>Dr Sushil Chandra talked about Neuroplasticity and meditation. How Neuroplasticity allows to harness our emotions to change unwanted behavior.</p> <p>He talked about Meditation measurement through</p> <ul style="list-style-type: none"> <li>• Behavioural Outcome</li> <li>• Subjective measures</li> <li>• Physiological recording</li> </ul> <p>How meditation improves our concentration was also discussed.</p> <p><a href="https://youtu.be/eh0JV4nEmw8">https://youtu.be/eh0JV4nEmw8</a></p>

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9	<b>Sustainable happiness for Well-being in the age of new normal</b>	27 <sup>th</sup> Jan.2021	60	This offline session was organised by Happy Thinking Laboratory to familiarize the faculty members about the vision and mission of this laboratory. Session by BK Radha didi and BK Swarnlatadidi helped to understand how sustainable happiness can be achieved during pandemic like situation. Several honourable faculties and administrative members of University were tested on Bio-Well GDV camera. Report was discussed and their responses authenticated the results.

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10	<b>Faculty Development Program on</b>  <b>“Happiness Research Methodology”</b> <b>In collaboration with UGC-HRDC</b>  <b>University of Lucknow.</b>	15 <sup>th</sup> March 2021  To  21 <sup>st</sup> March 2021	40	<p>The goal of researches in any field is to promote happiness, well-being and quality of life of people at large. Indian moral vision of <i>Sarvebhavantu Sukhinah</i> can be achieved when meaningful researches, multidisciplinary in nature are pursued. The Faculty Development Program facilitated the participants in developing an understanding of the concept of happiness, the methods and techniques of data collection, data analysis and interpretation. Participants were apprised of recent researches in the filed on happiness, its psychosocial, physiological and neural correlates, so as to provide impetus towards happiness researches in their respective discipline.</p> <p>Faculties from Arts, Science, Commerce and Management across India participated. Resource persons were Doctors, Engineers, Clinical psychologists, Scientists, Spiritual gurus from Brahmakumaris, Dev Sanskriti Vishvavidhyalaya, Shantikunj, Hardwar, ESKON and Heartfulness Centre, Professors from Psychology, Chemistry, Statistics, Education, Sanskrit and Geology. The notable speakers were Prof. Anand Prakash, Head, Psychology Department, University of Delhi ; Dr .Rameshwar Mavathur and Dr. Judu Lavarasu, Associate Professor, VYASA University Bangalore; Prof. B. K Bhanu, Adjunct Professor, Indian Institute of Technology (IIT) Jodhpur, Dr. Chinmaya Pandya, Pro Vice Chancellor, DSVV, Hardwar; Prof. Arbind Jha, Dean, School of Education, BBAU, Lucknow; Prof. Manju Agrawal, Dean, Students Welfare, Amity University, Amity, Lucknow campus; Padmshree Prof. B. K. Shukla, Department of Sanskrit, University of Lucknow ; Prof. Dhruvsen Singh, Director, HRDC; University of Lucknow; Prof. Sheela Mishra, Department of Statistics, University of Lucknow ; Prof. Anil Mishra, Department of Chemistry, University of Lucknow ; Prof. Madhurima Pradhan, Dr. Archana Shukla, Dr Lalit Kumar Singh, Department of Psychology ,University of Lucknow; BK Mukul Chowdhury, Mechanical Engineer and Trainer, Pune; Dr. Anupam Sharan Plastic Surgeon, KGMU, Lucknow; Dr. Rahul Mehrotra, Cardiologist, Max Hospital, New Delhi; Ms. Aparna Nevatia, Founder, Rejuvenation Centre, Lucknow; Atmaram Shyam Das (ESKON), M. Tech from IIT Delhi, ESKON; Dr. Veronique Nicholai Pediatrician and Director, Heartfulness Yoga School, Bangalore ; Dr. Sushil Chandra, Associate Director, Institute of Nuclear Medicine and Allied Sciences (INMAS), Defence R&amp;D Organization (DRDO), New Delhi;</p>

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11	<b>Online Webinar on "Think Right: Empower Body Défense System- A Scientific Approach</b>	15 <sup>th</sup> May 2021	60	Dr Anupam Sharan, Plastic Surgeon, emphasized that right thinking can help to enhance Body immune system. He presented very attractive slides to explain the scientific basis. <a href="https://youtu.be/o8pe6aJFdDI">https://youtu.be/o8pe6aJFdDI</a>
12	<b>Webinar on "Distress Management through Rajyoga Meditation "by RERF Guest speakers</b>	1 <sup>st</sup> April to 11 <sup>th</sup> April 2021	08	Students felt relaxed and learnt meditation with soft music. The basics about energy consciousness were explained. They understood importance of self-awareness, thoughts and their response to environmental situations.
13	<b>Webinar on "Effective communication skills "by RERF guest speaker</b>	19 <sup>th</sup> April to 23 <sup>rd</sup> April 2021	05	Students discussed their problems in family relationships, developed skills to empower themselves in handling them.
14	<b>Webinar on "Wellness and well-being for peace and happiness" by RERF faculty</b>	30 <sup>th</sup> April 2021	05	The concept of eight powers was explained to them and how to exercise these powers for achieving happiness and well-being in life.
15.	<b>Weekly sessions on every Wednesday and Saturday from 12.00pm to 2.00 pm by RERF Guest speakers and counsellors</b>	From 8 <sup>th</sup> Feb. 2021-3 <sup>rd</sup> March 2021	More than 100 Students and teachers visited the Laboratory.	Ten teachers from university got themselves tested on Bio - Well and and Bio-feedback machine for self understanding of their stress level, Chakra alignment, meridians and energy level in various body parts.  Four research scholars collected their data on Bio Well researches.  The students from various departments of university attending weekly sessions on various topics felt relieved from stress and anxiety. They also practiced meditation sessions which provided mental peace and relaxation. Few students having personal issues were counselled individually.  The concepts of mental cleanliness, spiritual safety kit, Divine energy were explained with the help of posters and activities.

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16	<b>“Management of Anxiety, Uncertainty and Fear in Students” organized for Business Administration</b>	17.06.2021	90 Students	Prof. Madhurima Pradhan elaborated different mental health issues in a student’s life and the specific pointers which might help them to cope up with anxiety, uncertainty and fear. She explained the Science of Management, Inner Management, Self control and Self Management. She focused on the importance of spirituality oriented life style and staying in present time zone. Practice of breathing exercises to calm one’s mind and staying away from negativity can help to overcome anxiety, uncertainty and fear. Dr. Lalit Kumar Singh familiarized the students with the nature of anxiety: cognitive, behavioural and emotional along with the symptoms of each. According to him the basic reason for anxiety is uncertainty. The session was followed by question answer session.
17	<b>“Dream it, Achieve it” organized for Department of Ancient Indian History and Archaeology</b>	22.06.2021	90 Students	Ms. Anuradha Hemant Bhatkar, from MaitribodhPariwar, Navi Mumbai told about how students can connect with their dreams by knowing their strengths and weaknesses. Youth is full of vigour, strengths, energy and vitality. This is the age of seeking meaningful goals and putting all efforts to achieve them. Students should follow the dream which is their own and be compassionate to one’s self. A bigger dream can be achieved by setting up small goals and being focused, developing agility and maintaining right speed of doing work.



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18	"Dream it, Achieve it" organized for Department of English	23.06.2021	90 Students	<p>The Guest speaker was BK Dr. Bhupendra Kumar Singh from KGMU, Lucknow. He laid down in simple yet motivating and fun-filled pointers the true essence and meaning of pursuing our dreams. He divided the word "DREAM" into 3D, 3R, 3E, 3A, 3M.</p> <ul style="list-style-type: none"> <li>● 3 Ds: Decide, Divide, Dedicate</li> <li>● 3 Rs: Realistic, Regular, Rhythmic</li> <li>● 3 Es: Eagerness, Enthusiasm, Empathy</li> <li>● 3As: Acceptance, Avoidance, Anger management</li> <li>● 3 Ms: Management of time, Management of Mind, Meditation</li> </ul> <p>The guest speaker's session was followed by an interactive "Question and Answers session", in which the students asked their queries regarding dreaming and achieving the desired aim through mental resilience, and how to manage the anxiety of managing work-life balance.</p> <p>In the later part of the online interactive session, four student speakers from the Department of English and MEL presented their views on the concept note through inquisitive and inspiring speech presentations. This is an initiative by the University to enable the students in realising their full potential and pursuing their passion without getting dejected and demoralized by the consequences it entails. It was overall an inspiring session that taught and reminded students of the importance of self-love, self-appreciation, self-discipline, and self-reliance</p>

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19	<b>"Train your mind by increasing awareness"</b> organized for Department of Linguistics	29.06.2021	48 Students	BK Priyata Kumar elaborated the importance of training the mind. Using the ability of self neuroplasticity, one can rewire the brain and direct the choices and action. Mindfulness meditation is a powerful technique to enhance the level of awareness and achieving peace and happiness in life. She talked about the importance of mindfulness in everyday life for success, mental health and peace. She shared with students some tips and tricks to create mindfulness in our lives, and shared with students the experiences from her life as a student as well as a counsellor. Feedback of students: Students asked several questions from the Resource Person about their own issues regarding their mental health. After the Webinar was over, several requests for a longer course on mindfulness were received by the Head of Department.
20	<b>"Understanding uncertainty"</b> organized for Department of Biochemistry	30.06.2021	100 Students	Ms. Anuradha Hemant Bhatkar, from MaitribodhPariwar: in her talk, discussed on key aspects/causes of uncertainty and fear, their impact on human mind, how uncertainty and fear can be managed. It was a very interactive, motivational and inspirational session. The session was followed by an interaction between the resource person and the students in which students asked many questions which were answered beautifully by the resource person.
21	<b>"Yoga: A way of Happiness and wellbeing"</b> organized by Department of Physical Education	02.07.2021	60 Students	Prof. Indu Majumdar, retired Professor from LNIPE, Gwalior and officiating VC, Visiting Professor of Wisconsin, USA; Dean, School of Sports Education, ITM University, Gwalior was the chief guest. Dr Bhaskar Shukla, Associate Prof. Physical Education, HNB Govt. PG College, Naini, Prayagraj was the guest speaker. He elaborated in a very interesting manner the importance of Yoga in achieving happiness in life specially for sports persons.
22	<b>"Time Management"</b> organized for Department of Persian	02.07.2021	56 Students	BK Gaurav Bohra, Faculty Member at Rajyoga Education and Research Foundation emphasized that perception of time depends on our mental state. Managing the self is the actual management. With spiritual consciousness, soulful qualities like love, purity, bliss and peace are developed. Eisenberg decision matrix can be used to prioritize time and be happy and satisfied in life.

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23	"Subconscious Mind and Wellbeing" organized for Department of Psychology	04.07.2021	92 Students	Prof. Manju Agarwal, Dean Student Welfare Amity University Lucknow acquainted students about the power of subconscious mind in achieving happiness and well being. She explained that we are not born winners or choosers but as choosers. By recognising the power of our mind and filling it with positive and functional suggestion, one can achieve happiness in abundance. The session was followed by question and answer session.
24	"Stress Management" organized for Department of Commerce	09.07.2021	151 Students	The Speaker Shri Kaushalendra Pratap Singh from Heartfulness Centre gave a brief & informative presentation on meaning of Stress, how to diagnose and manage it. Then a 10-minute session of meditation was conducted by Ms. Shalini in which she told how the healing energy from mother earth would spread throughout one's body. Slowly she directed the participants to the heart where each one could experience a divine light. The enriching and inter-active Webinar concluded with question & answer session where the students put up their queries which were effectively answered by the expert. Ma'am Pradhan and Dr. Kapoor also gave her inputs. A vote of thanks was given by Dr. Geetika T. Kapoor on behalf of the Department
25	"Dream it, Achieve it" organized for Department of Statistics	22.07.2021	95 Students	Youth for Global Peace and Transformation (YGPT), Navi Mumbai has organized an online session in collaboration with counselling and guidance cell, University of Lucknow and Department of Statistics, University of Lucknow under the guidance of Dr. Madhurima Pradhan, and Dr. Rajeev Pandey. <b>Ms. Anuradha Hemant Bhatkar</b> is associated with YGPT since last five years and has delivered many motivational lectures at various MNC's and Colleges. She also performed an activity with all students and motivated them to recognise their dreams and then mentioned the differences between the Goal and a Dream. She said, "Accomplishing small and consistent goals will help in achieving the Big Dream". We got to know about the five year plan that is <i>what, why, till when, with whom and how</i> . She, at last had a good interactive session with the students and faculty members and prayed for each one of us.

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26	MOU between MaitribodhPariwar	23.09.2021	Online and offline	<p>A new milestone was created in the Academic Fraternity between the prestigious University of Lucknow (LU), and Youth for Global Peace and Transformation ( YGPT), the youth wing of MaitriBodhParivaar. YGPT is a youth initiative of MaitribodhParivaar which was started in the year 2013 under the guidance of MaitreyaDadashreeji - with the vision to empower and transform youth. It is a team of young people who have the passion to serve humanity, bring together well-established professionals and give youth a new direction.</p> <p>On 23<sup>rd</sup> September, an MOU was signed between the representatives of YGPT, Mitra Dixit Mehra and Mitra Hargun Singh Sachdeva and the Vice Chancellor of University of Lucknow, Prof. Alok Kumar Rai.</p> <p>The event commenced at 11:30 am where Prof. Madhurima Pradhan, Director of Happy Thinking Laboratory, Department of Psychology, LU gave a brief introduction about Happy Thinking Laboratory. She has been a constant pillar of light and has supported the students, endowing them with emotional quotient (EQ) and emotional resilience.</p> <p>This agreement between Happy Thinking Laboratory, Department of Psychology, LU and YGPT will facilitate motivational and emotional development sessions amongst the students of the college to equip them better to deal with trials and tribulations of this radically transforming VUCA world of the 21<sup>st</sup> century.</p> <p>Furthermore, it will help develop EQ and resilience to better deal with the challenges that life presents, in a more stable, optimistic and Stress free manner. It will fill the gap between what conventional education offers and what is actually required to be happy and successful.</p>

**Prof. Madhurima Pradhan**  
**Director, Happy Thinking Laboratory**  
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