

Happy Thinking Laboratory in association with Counseling & Guidance Cell organized a two day session in ONGC Building, Happy Thinking Laboratory 3rd floor, University of Lucknow on 23 September 2023 at 1:00 pm. The topic of the seminar was "Experiencing our inner Energy". An honorable chief guest speaker was Mr. Nishit Gupta (Sahaj Yoga). Dr. Vaishali Saxena (Director CGC) who welcomed chief guest Mr. Nishit Gupta (Sahaj Yoga) and his team. She also welcomed Prof. M. Priyadarshini (Director, Happy Thinking Laboratory) and other guest Prof. Madhurima Pradhan (Founder, Technical Expert of Happy Thinking Laboratory), other faculty members and students. In her welcome address she emphasized the necessity of such a program so students' energies can be generalized in positive and productive activities.

Prof. M. Priyadarshini (Director, Happy Thinking Laboratory) also welcomed the guest and deliberated on enhancing spiritual strength and will power through meditation and yoga. She also said that meditation and yoga should be part of the daily life activities of the people.

On the first day, chief guest Mr. Nishit Gupta had conducted the session on Sahaj Yoga practices. He made every participant aware for understanding their own energies and his yoga session made everyone to experience it. He said simple practice may contribute immensely to create a balance in life among social, family and work life.

On the second day, he again assembled the students and told them about Chakras and also mentioned about the process of opening Chakras to feel them. He made activities to open Chakras with students and faculty members.

At last there was an answerability session and students asked questions why we should do this process in front of this picture that was on the screen. He answered that the picture of Nirmala ji who helped a lot of peoples to open their Chakras that's why this picture will provide energy to help you in open Chakras

Prof. Madhurima Pradhan (Founder, Technical Expert, Happy Thinking Laboratory), extended vote of thanks to Sahaj Yoga team, Prof. M. Priyadarshini (Director, Happy Thinking Laboratory), faculty members and all participants from different departments of University (University of Lucknow).







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