

REPORT OF PROGRAMS
HAPPY THINKING LABORATORY
UNIVERSITY OF LUCKNOW
2021-2022

S. No.	Date/Time	Name of Event	Venue/ON/Offline /Department	Resource Person
1.	22th June 2022 11:00 AM -2:00 PM	Visit of student from Purvanchal University	Offline	Dr. Pradeep K. Khatri, Mr. Yogesh Dwivedi
2.	6 th May 2022 12:00 AM -2:00 PM	Visit of student from Vigyan Foundation	Offline	Prof. Madhurima Pradhan
3.	22 April 2022 (2:00 PM)	Psychology and Climate Change for Sustainable Happiness Employability Skills	Offline (Happy Thinking Laboratory, Dept. Of Psychology)	Prof. Girishwar Mishra
4.	2 nd April, 2022 (2:00 PM)	World Autism Awareness Day	Offline (Happy Thinking Laboratory, Dept. of Psychology)	Mrs. Swati Sharma Dr. Akshay Singh Ms. Seema Rehman
5.	26 th March, 2022 (11:00 AM)	Sahaja-Sufi-Concert (Rejoice and Heal the Mind with Music)	Malviya Sabhagar, University of Lucknow	Mrs. AnanditaBasu
6.	28 th Feb 2022- 21th March2022 (5:00 PM- 6:30PM)	Heartfulness Education Trust Presents Heartful Campus Program	Online (Heartfulness Campus)	Mr. Sanjay Upreti (TRAS, Financial Advisor BSF, Heartfulness Trainer) Dr. Ruchika Yadav , Associate Professor at KRMU, Heartfulness Trainer, Gurugram.

				<p>Dr. Virendra Phogat, retired civil surgeon</p> <p>Mr. C.S. Patil, Sr. Manager (civil TVHPP NTPC LTD.)</p> <p>Mr. Atul Kumar Yadav Head HR and Admin, A Mining MNC</p> <p>Ms. Anagha Kulkarni Design Thinking & Data Science Professionals</p>
7.	29 January 2022 6:00 PM	Biofeedback as an adjunctive aid to psychotherapy	Online	Lalit Kumar Singh
8.	08 December 2021 (2:00 PM)	Innate Qualities of Self	Offline (Happy Thinking Laboratory, Dept. of Psychology)	B.K Priyata
9.	7th December, 2021 (2:00 PM)	Soul and Body Consciousness	Offline (Happy Thinking Laboratory, Dept. of Psychology)	B.K Swarnlata
10.	30 th November 2021 (11:00 AM)	workshop on "KNOW TO GROW"	Offline (Happy Thinking Laboratory, Dept. of Psychology)	Mr. Dixit Mehra
11.	22th- 23th Oct. 2021	Positive Psychology Intervention for Promoting Sustainable Happiness in Society	Online (Happy Thinking Laboratory, Dept. of Psychology)	Prof. T. S. Pwdyal, Prof. Giriswar, Mishra
12.	23th September 2021 11:30 am onwards	YGPT (MOU)	Hybrid mode (Mant han Hall) HTL	Mr. Dixit Mehra

13.	19th June 2021 7:00PM – 9:00 PM	Workshop by Jared Kass	online	Jared Kass
14.	15 th -21th March 2021	Faculty Development Program Happiness Research Methodology	Online	(UGC-HRDC)
15.	10-12 Dec 2020	Orientation Program for Bachelor Master Ph.D student	Online	Prof. Madhurima Pradhan (RERF Expert)