

**ONE WEEK**

**“TRAINING PROGRAM ON MIND MATTERS: A HOLISTIC TRAINING PROGRAM FOR MENTAL WELLNESS”**

**(For Teaching Staff) Organized by**

**Internal Quality Assurance Cell (IQAC)**

**LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES (LPCPS)**

**(Affiliated to the University of Lucknow) Vinamra Khand, (Near Kathauta Lake) Gomti Nagar, Lucknow**

**Date: January 23-30, 2024 Time: 10:00 AM onwards**

**ABOUT THE TRAINING PROGRAM**

The "Mind Matters: A Holistic Training Program for Mental Wellness" is a comprehensive and holistic approach to mental wellness, designed to nurture and enhance various aspects of individuals' mental health. This program encompasses a range of modules, each focusing on key elements crucial for overall well-being. By addressing various aspects such as emotional intelligence, stress management, and mindfulness, it aims to enhance mental resilience and coping skills. Such programs often empower individuals to navigate challenges effectively and promote a balanced and healthier mindset.

The complex relationship between mental illness and mental wellness is best understood by envisioning them sitting on two separate continuums (see figure below). The horizontal axis measures mental illness from high to low, while the vertical axis measures mental wellness from languishing to flourishing. About 85% of the world's population does not have a diagnosed mental illness, but these people are not all "mentally well" or thriving because of pervasive stress, worry, loneliness and other challenges. On the other hand, those who have a diagnosed mental disorder can still have moderate or positive mental. Practices that increase our mental wellness are increasingly recognized as protective factors for our mental health, as well as helping reduce the severity and symptoms of mental illness.



Principal

Lucknow Public College of Professional Studies  
Vinamra Khand, Gomtinagar, Lucknow

## DAY-1

### Relationship between mental health and Aasan



**Mr. Manoj Gupta** was saying that Some Yogic tools for mental health and well-being: Tools to induce psycho-physical harmony, Tools to balance emotional volatility, Development of appropriate psychological attitudes, Contemplation, relaxation and meditation, Enhancing spiritual awareness, Relieve suffering and pain Yoga is the best way for us to consciously evolve out of our lower, sub-human nature, into our elevated human and humane nature (Giri, 1995). Ultimately, this life-giving, life-enhancing and life-sustaining science of humanity allows us to achieve in full measure the Divinity that resides within each of us. Swadhyaya, Satsang (spiritual gathering), bhajan sessions and Yogic counselling are important aspects of Yogic living We need to realize that "Oneness" is health whereas "Duality" is disease. We cannot remain lonely, depressed and diseased if we realize that we are part of a wonderful, joyful and harmonious Universe. Spirituality is the personal connection we feel with our own inner being. This can be strengthened greatly through conscious introspection and self inquiry. When we begin to understand the oneness manifest through all forms of life, we manifest gratitude, respect and love. Our life becomes one of selfless service (nishkama seva) for humanity.

*Asingh*

Principal

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## DAY-2

### Control your Breathe and Senses by Prayanaam and become Mentally Strong



**Dr. Anand Kumar Rai** was saying that Many scientific studies have found how practicing Pranaayama can modulate the activity in the amygdala, the part of the brain responsible for processing emotions. This can result in improved emotional stability, reduced reactivity to emotional triggers, and better control over impulsive reactions. Pranaayama is an important part of mind-body practices like yoga, ayurveda and meditation. Engaging in mind-body practices, including Pranaayama, leads to positive changes in gene expression related to immune function, stress response, and inflammation. This highlights the complex connection between our breath, mind, and physical well-being. It can activate your "rest and relax" mode, making you feel calm. Plus, it can lower your stress hormone levels and heart rate. So, Pranaayama is like a natural stressbuster. It can calm down the part of your brain that deals with emotions, making you more emotionally stable and less impulsive.

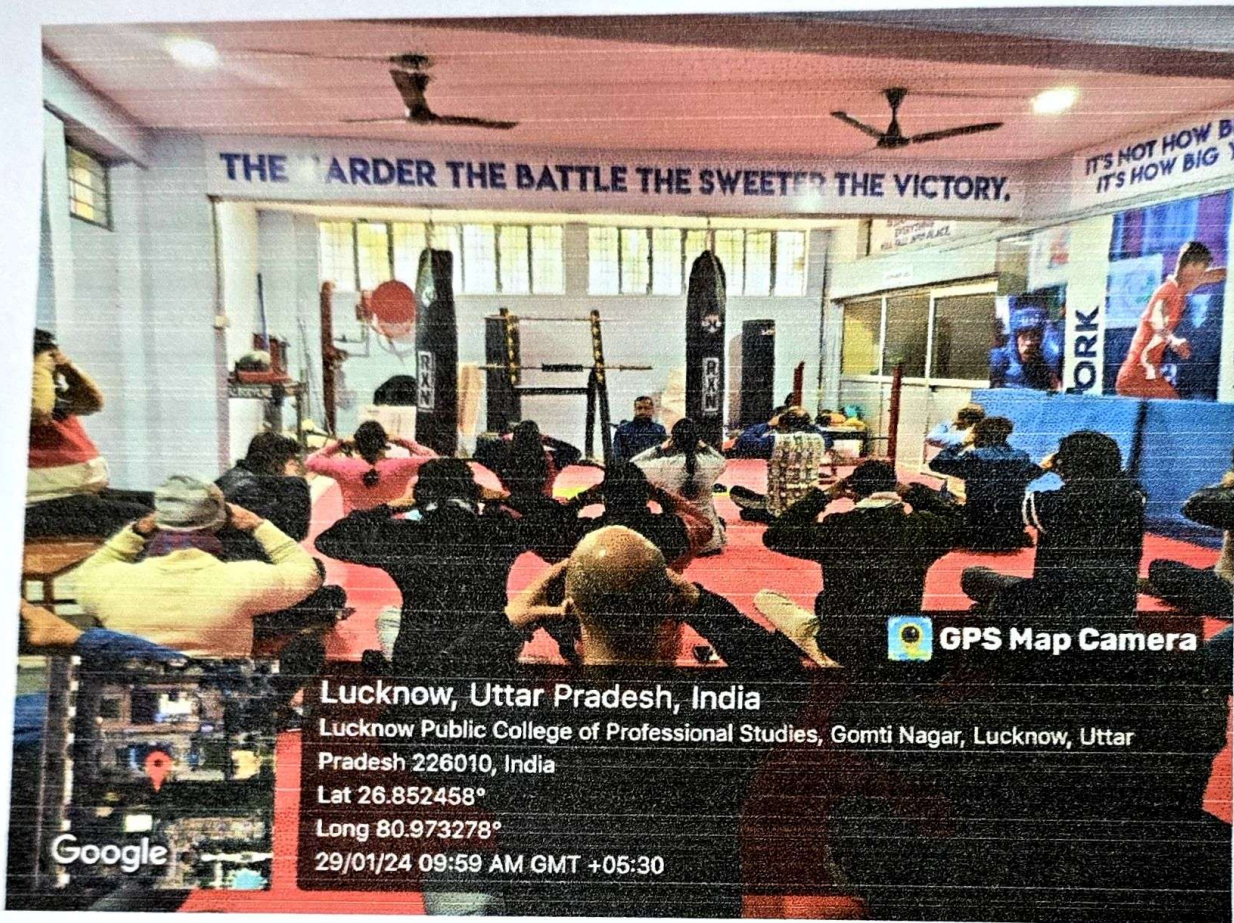
Stress, anxiety and depression can play a role in the onset and progression of many other illnesses. Pranaayama helps in the prevention of those other diseases by helping reduce stress levels, anxiety, and depression, and enhancing well-being and bringing peace of mind.

*Armi*

Principal  
Lucknow Public College of Professional Studies  
Vinamra Khand, Gominagar, Lucknow

### DAY-3

### Practical Session on Yoga



**Mr. Manoj Gupta** was telling that Yoga gently but firmly pushes me out of my self-constructed limitations and beliefs. Although part of me feels like I am a seasoned yogini, another part of me is aware of the wealth of information on the subject. It would take a thousand lifetimes to acquire such vast knowledge. When you've been doing yoga for a while it's common to get to this point when you feel you want to take your practice further. You sense that you are just scratching the surface of what yoga truly is and are eager to go deeper. Or perhaps you feel like you have hit a plateau and want to make changes. When I am stuck, complacent and stagnant, yoga helps me notice and acknowledge. It usually starts somewhere in my life: at work, with my partner, or in my hobbies. Soon enough it shows up on my yoga mat as told by him.

*Arvind*  
Principal  
Lucknow Public College of Professional Studies  
Vinamra Khand, Gominagar, Lucknow

## DAY-4

### Stress Management and Prayanana

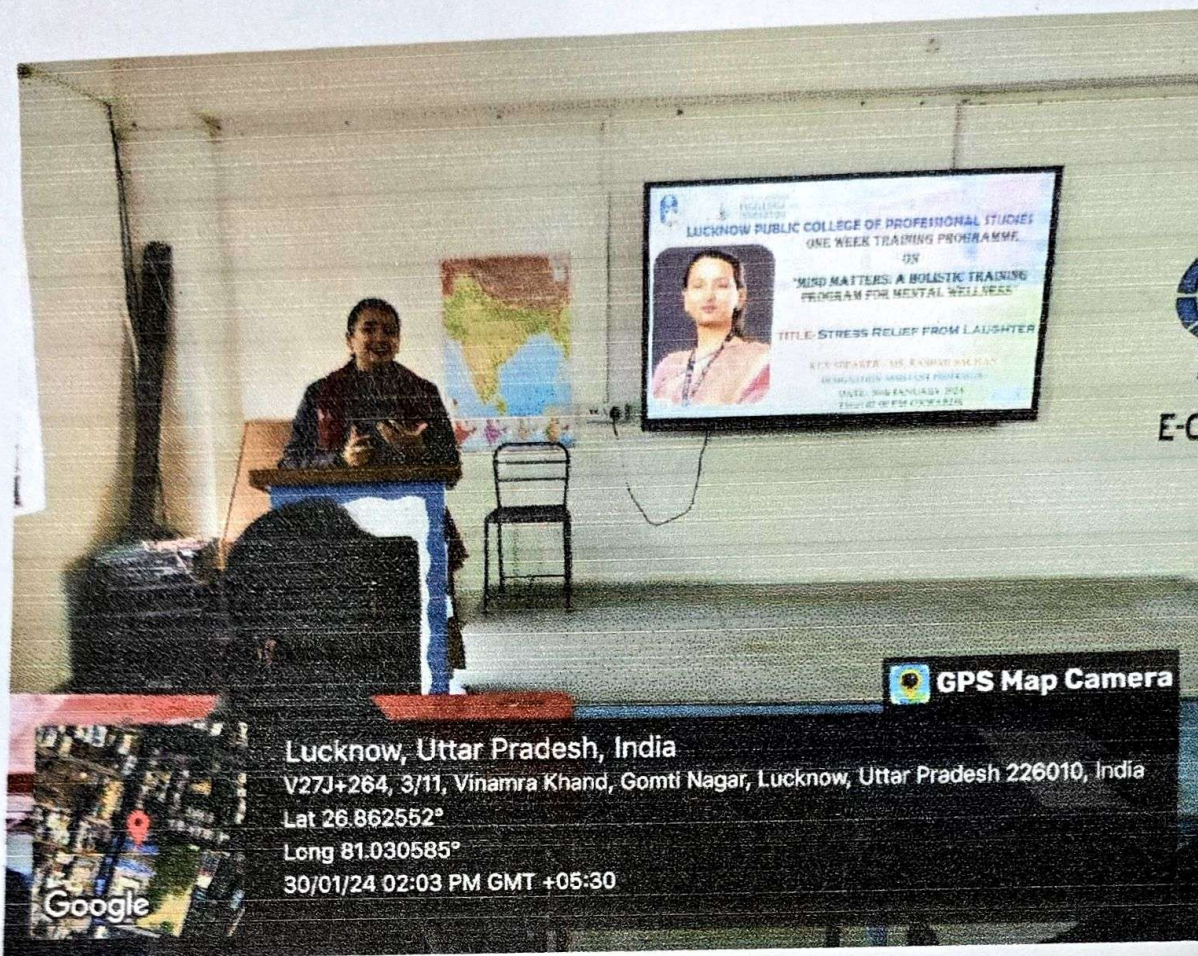


**Dr. Karuna Shankar Awasthi** was telling "As visualized from the Yogic point of view, there's a complex relationship between the big picture of the universe or macrocosm and the small picture of individual life or microcosm. On a large scale, the ever-changing world pushes us to constantly adjust, driven by its purpose. On the small scale, our inner qualities and thoughts keep evolving, demanding adaptation. These two dynamics can lead to different kinds of issues. The big-scale changes can cause stress and health problems, while the small-scale changes can lead to mental health troubles. When people are stressed, they often become very alert, which can have long-term effects on their bodies, like muscle tension and changes in their tissues," says **Dr. Hansaji Yogendra**, Director of The Yoga Institute. In this article, **Dr. Hansaji Yogendra** writes about why Pranaayama is an important yogic practice and how it can help us lead a happy and more balanced life in a stress-filled world.

*Awasthi*

Principal  
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Stress Relief from Laughter



Ms. Rashmi Sachan was saying that The real health benefits of genuine laughter cited by researchers are plenty. From boosting your immune system to increasing endorphins to your brain, below are scientifically proven ways a giggle can help you combat stress and increase your physical and mental health. She was talking about some Physical health benefits also.

Physical health benefits

- Stimulates your organs: When you laugh, you take in more oxygen-rich air. This stimulates your lungs, heart and muscles. Relaxes your muscles: When you get stressed, your body tense up and can cause you to feel stuck. A good laugh can relieve physical tension in the body and relax the muscles for up to 45 minutes. Improves cardiac health: Laughing increases your heart rate and the amount of oxygen in your blood. This can improve vascular function and decrease the risk of a heart attack. Boosts immune system: When

*Rashmi*



























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you're stressed, negative thoughts can turn into chemical reactions that decrease your immunity to sickness. When you laugh, you adopt a positive mindset that can release infection-fighting antibodies and neuropeptides that help fight stress. Lowers blood pressure: Laughter releases endorphins that counteract the negative effects of stress hormones—lowering your blood pressure as a result. Helps with weight loss: A common side effect of chronic stress is weight gain. Laughing not only reduces the stress hormones that cause weight gain, but it also burns calories. Provides distraction: When you laugh, you aren't thinking about that assignment that is overdue or the big final you have coming up next week. Laughter provides your brain with a break from the worrying thoughts that cause stress. Improves your mood: Nothing squashes a bad mood quite like a good laugh. Laughing produces a general sense of well-being and can diffuse the anger and depression you were once feeling. Reduces stress hormones: Cortisol is our primary stress hormone that circulates throughout the body when you're feeling stressed. Genuine laughter can decrease cortisol levels by increasing your intake of oxygen and stimulating circulation throughout the body. Increases endorphins: Endorphins are those "feel-good" chemicals produced by your brain that help boost happiness levels. Laughing increases the number of endorphins released in your body, fighting off stress and promoting a positive mood. Strengthens relationships: A shared laugh with friends, family or a coworker can help you feel more connected to that person and form a strong and lasting bond. Humor is also a powerful way to heal past disagreements or resentments.

*Asif*

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**LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES**
**One week training programme  
ON**
**"Mind Matters: A Holistic Training Program for Mental Wellness"**
**Attendance Sheet**
**Day 1**
**Date : 23 January 2024**

S.No	Name of Participant	Designation	Institute/University	Employee ID	Signature
1	Ms Manisha Kakkar	Asst Prof	LPCPS	EMP01078	
2	Ms Sweety Jain	Asst Prof	LPCPS	EMP01081	
3	Ms Rashmi Sachan	Asst Prof	LPCPS	EMP01065	
4	Dr. Nripendra Singh	Asst. Prof.	L.P.C.P.S.	EMP01018	
5	Mr. Mohit Kumar	"	L.P.C.P.S.	EMP01085	
6	Dr. Akhilesh	Asst Prof.	LPCPS	EMP01047	
7	Ms. ROHIT KAPOOR	Asst. prof	LPCPS	EMP01006	
8	Dr. Samrat Kumar	Asst. Professor	LPCPS	EMP01048	
9	Ms. Ranika Singh	Asst. prof.	LPCPS	EMP01088	
10	Mohini Gupta	Asst. Prof.	LPCPS	EMP01036	
11	Meenu Verma	" "	"	EMP01049	
12	Sweety Sinha	Asst. Prof.	LPCPS	EMP01056	
13	Aanchal Nigam Verma	A.P.	LPCPS	EMP01046	
14	Dr. - Tanu Gupta	A.P	LPCPS	EMP01084	
15	Dr. Nidhi Soni	A.P	LPCPS	EMP01086	
16	Dr. Shivam Pratap Singh	"	LPCPS	EMP01028	
17	Neeraj K. Singh	Asst. Prof.	LPCPS	EMP01003	
18	Dr. Karuna Shanker	Asst. Prof.	LPCPS	EMP01028	
19	Dr. Amrinder Kaur	Asst. Prof.	LPCPS	- -1024	
20	Dr. A.K. Raw	Assoc. Prof.	LPCPS	EMP1041	
21	Dr. Daga	Asst. Prof.	LPCPS	EMP01016	
22	Ms. Gauri Shukla	A.P.	LPCPS	EMP01059	
23	Ms. Chetan Thanna	Asst. Prof.	LPCPS	EMP01011	
24	Mrs. Aphileshwan	"	"	EMP01076	
25	Mrs. Tejshakti D	"	"	EMP01079	
26	Dr. Lav Sivastava	"	"	EMP01039	
27	Dr. Manoj Kumar	Asst. Prof.	LPCPS	EMP01004	
28	Saloni Agrawal	"	"	EMP01007	
29	Priyanka Singh	Asst. Prof.	LPCPS	EMP01075	





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One week training programme

ON

"Mind Matters: A Holistic Training Program for Mental Wellness"

Attendance Sheet

Day 1

Date : 23 January 2024

S.No	Name of Participant	Designation	Institute/University	Employee ID	Signature
30	Aanchal Praveen	Asst. Prof.	LPCPS	EMP0107	<i>Aanchal</i>
31					
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*A. Singh*  
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Lucknow Public College of Professional Studies  
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"Mind Matters: A Holistic Training Program for Mental Wellness"

Attendance Sheet

Day 2

Date : 24 January 2024

S.No	Name of Participant	Designation	Institute/University	Employee ID	Signature
1					
2	Ms. Gauri Shukla	Asst. Prof.	LPCPS	EMP01059	
3	Ms. Rashmi Sachan	Asst Prof	LPCPS	EMP01065	
4	Ms Manisha Kakkar	Asst Prof	LPCPS	EMP01078	
5	Saloni Agrawal	Asst. Prof	LPCPS	EMP01007	
6	Dr. IMRANUR RAHMAN	Asst Prof.	LPCPS	EMP01024	
7	Dr. Sameer Kumar	Asst. Prof.	LPCPS	EMP01048	
8	Pratibha	Asst. Prof.	LPCPS	EMP01079	
9	Priyanka Singh	Asst. Prof.	LPCPS	EMP01075	
10	Neeraj Singh	Asst. Prof.	"	EMP01003	
11	Dr. Akhilesh	Asst. Prof.	LPCPS	EMP01047	
12	Dr. Lav Sivastava	Asst. Prof.	LPCPS	EMP01029	
13	Mr. ROHIT KAPOOR	Asst. prof	LPCPS	EMP01006	
14					
15	Anchal Prasen	Asst. Prof	LPCPS	EMP01008	
16	Sauzabhi Srivastava	"	"	EMP01014	
17	Shivendra Singh	"	LPCPS	EMP01009	
18	Chetan Khanna	"	LPCPS	EMP01011	
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20					
21	Meenu Verma	Asstt. Prof.	LPCPS	EMP01049	
22	Mr. Ravi Kishore Singh	Asstt. Prof.	LPCPS	EMP01088	
23	Dr. Nidhi Soni	"	"	EMP01086	
24					
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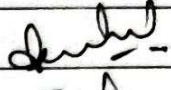
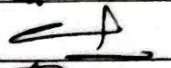
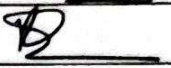
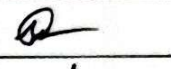
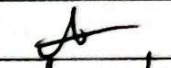
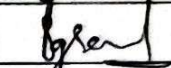





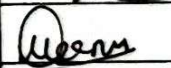
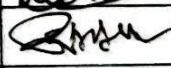
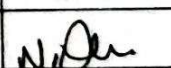
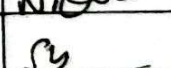
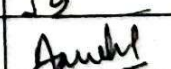



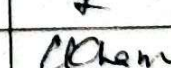
Attendance Sheet

Day 3

Date : 27 January 2024

S.No	Name of Participant	Designation	Institute/University	Employee ID	Signature
1	Dr. Imran Rahman	Asst. Prof.	L.P.C.P.S	EMP01024	[Signature]
2	Aanchal N. Verma	A.P.	"	EMP01046	[Signature]
3	Ms. Gauri Shukla	A.P.	LPCPS	EMP01059	[Signature]
4	Rashmi Sachan	Asst. Prof.	LPCPS	EMP01065	[Signature]
5	Ms. Sweetsy Jain	Asst. Prof.	LPCPS	EMP01081	[Signature]
6	Ms. MANISHA KARKAR	Asst. Prof.	LPCPS	EMP01078	[Signature]
7	Saloni Agrawal	Asst. Prof.	LPCPS	EMP01007	[Signature]
8	Dr. Akhilesh	Asst. Prof.	LPCPS	EMP01047	[Signature]
9	Renuka Devi	Asst. Prof.	LPCPS	EMP01079	[Signature]
10	Meenu Verma	Asst. Prof.	LPCPS	EMP01049	[Signature]
11	Mr. Ravi Kishore Singh	Asst. Prof.	LPCPS	EMP01088	[Signature]
12	Dr. Samrukhani	Asst. Prof.	LPCPS	EMP01048	[Signature]
13	Dr. Nidhi Soni	"	"	EMP01086	[Signature]
14	Mr. Shivendra Singh	"	LPCPS	EMP01009	[Signature]
15	Mrs. Aanchal Praveen	"	"	EMP01008	[Signature]
16	Priyanka Singh	"	"	EMP01075	[Signature]
17	Neeraj Singh	"	"	EMP01003	[Signature]
18	Dr. Lav Sivarani	"	"	EMP01039	[Signature]
19	Mr. ROHIT KAPOOR	"	LPCPS	EMP01006	[Signature]
20	Sansobh Srivastava	"	"	EMP01074	[Signature]
21	Chetan Khanna	"	LPCPS	EMP01011	[Signature]
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**One week training programme**
**ON**
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**Attendance Sheet**
**Day 4**
**Date : 29 January 2024**

S.No	Name of Participant	Designation	Institute/University	Employee ID	Signature
1					
2	Aanchal N. Varma	A.P.	LPCPS	EMP01046	
3	Ms. Gauri Shukla	A.P.	LPCPS	EMP01059	
4	Rashmi Sachan	Asst Prof	LPCPS	EMP01085	
5	Ms Manisha Kakkar	Asst Prof	LPCPS	EMP01078	
6	Dr. Akhilesh	Asst. Prof	LPCPS	EMP01047	
7	Saloni Agrawal	Asst. Prof	"	EM01007	
8	Rashmi Dew.	Asst. Prof	LPCPS	EMP01079	
9	Ms. ROHIT KAPOOR	Asst. prof	LPCPS	EMP01006	
10					
11	Dr. Imranur Rehman	Asst Prof	LPCPS	EMP01024	
12	Ms. Sweety Jain	Asst. Prof.	LPCPS	EMP01081	
13	Dr Samir Kumar	Asst. Prof	LPCPS	EMP01048	
14	Meenu Verma	Asst. Prof.	LPCPS	EMP01049	
15	Ms. Renu Katar Singh	Asst. Prof	LPCPS	EMP01088	
16	Dr. Nidhi Soni	"	"	EMP0086	
17	Mr Shivendra Singh	"	LPCPS	EMP01009	
18	Aanchal Praveen	"	"	EMP01008	
19	Priyanka Singh	"	"	EMP01075	
20	Dr. Lav Srivastava	"	"	EMP01039	
21	Sayash Srivastava	"	"	EMP01014	
22	Chetan Khanna	Asst. Prof	LPCPS	EMP01011	
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**LUCKNOW PUBLIC COLLEGE OF PROFESSIONAL STUDIES**

One week training programme

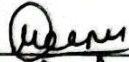






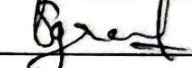



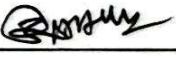


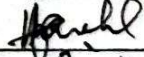

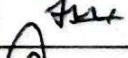
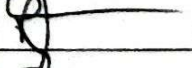

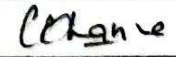
ON

**"Mind Matters: A Holistic Training Program for Mental Wellness"**

Attendance Sheet

Day 5

Date : 30 January 2024

S.No	Name of Participant	Designation	Institute/University	Employee ID	Signature
1	Meenu Verma	Asstt. Prof.	LPCPS	EMP01049	
2	Aanchal N Verma	AP	LPCPS	EMP01046	
3	Kashmi Sachan	Asst Prof.	LPCPS	EMP01065	
4	Ms. Gauri Shukla	A. P.	LPCPS	EMP01059	
5	Ms. Sweetsy Jain	Asst. Prof	LPCPS	EMP01081	
6	Ms Monisha Kakkar	Asst Prof	LPCPS	EMP01078	
7	Dr Samrujit Singh	Asst Prof	LPCPS	EMP01048	
8	Saloni Agarwal	Asst. Prof.	LPCPS	EMB1007	
9	Dr. Immanuel Rehman	Asst Prof.	L.P.C.P.S	EMP01024	
10	Mr. T. Testan Du	Asstt. Prof	LPCPS	EMP01079	
11					
12	Dr. Akhilesh	Asst Prof	LPCPS	EMP01047	
13	Mr. Ramkrishna Singh	Asst. Prof	LPCPS	EMP01088	
14	Dr. Nidhi Soni	"	"	EMP 01086	
15	Mr Shivendra Singh	"	LPCPS	EMP 01009	
16	Aanchal Praveen	"	"	EMP01008	
17	Priyanka Singh	"	"	EMP01075	
18	Dr. Lav Srivastava	"	"	EMP01039	
19	Mr. ROHIT KAPOOR	"	"	EMP01006	
20	Sansobh Srivastava	"	"	EMP01014	
21	Dr. Lav Srivastava	"	"		
22	Reeslobh Dev	"	"		
23	Chetan Khanna	Asst. Prof	LPCPS	EMP01011	
24					
25					