Stress Management and Happiness & Well-being Program
Department of Business Administration
Khwaja Moinuddin Chishti Language University, Lucknow

The Department of Business Administration organized a Stress Management and Happiness & Well-being Program on the topic “Heartfulness Enabled Leadership Mastery Program” at Hybrid Hall 301 on 03/08/2026 at 11:00 AM.

The session was conducted by Colonel Sudhir Rathore along with his team members: Mr. Pankaj Rathore, Mr. Santh Ram, Ms. Ekta, and Ms. Rekha.

The guests were warmly welcomed by Prof. Musheer Ahmed, Head, Department of Business Administration.

Program Highlights:

1. Interactive Activities: Various engaging activities and games were conducted. A "blindfold game" was organized to help students identify the right guide in life and understand whom to listen to and whom to ignore. Another activity focused on maintaining concentration amidst noise pollution.

2. Meditation Session: After the lecture, Ms. Ekta conducted a guided meditation session for stress release and mental calmness.

3. Student & Faculty Participation: All students actively participated in the session. Aayushi from BBA 3rd Sem acted as a volunteer for the program.

4. Success Story Sharing: Dr. Anamika Singh, Assistant Professor, shared her success story. The experts used it as a tool to convey the message on how stress can be effectively managed in professional life.

5. Session Handling: The program was conducted alternatively by Colonel Sudhir Rathore and Mr. Pankaj Rathore.

The session was concluded with a vote of thanks by Prof. Syed Haider Ali, Dean, Faculty of Commerce.

Faculty Members Present:

Dr. Doa Naqvi, Dr. Ataur Rahman Azami, Dr. Ravi Kumar Tolani,Dr. Sushma, Dr. Hinadi Akbar, Dr. Anamika Singh, Dr. Yusairah Ahmad, Dr. Saurabh Sonkar, and Dr. Madhuri Chauhan.

The program was highly beneficial in helping students learn techniques to manage stress and develop leadership with a calm and focused mind.

Glimpse of event

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Lat 26.928789° Long 80.896222°
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