

Progress Chronicles

A Report



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ABOUT GOLDEN FUTURE

Golden Future is a Charitable Trust dedicated to empowering individuals through Career Guidance and Counseling Services. Our mission is to guide and support people in making informed decisions about their future, whether they are students exploring educational and career options or individuals seeking to transition into new career paths.

At Golden Future, we believe that everyone deserves the opportunity to pursue a fulfilling and successful career. Our team of experienced counselors and advisors is committed to helping individuals identify their strengths, passions, and goals, providing them with the guidance and resources they need to make well-informed career choices.

We take pride in our commitment to accessibility, ensuring that our services are available to all, regardless of their socio-economic background. We collaborate with educational institutions, community organizations, and individuals to deliver personalized counseling and workshops, equipping individuals with the knowledge and confidence to shape their own golden future.

Our trust is built on the principles of compassion, integrity, and empowerment. We are dedicated to making a positive impact on the lives of those we serve, helping them pave the way for a brighter and more prosperous future. Join us on this journey toward a golden future filled with opportunity and success.”

Our services extend beyond traditional counseling; we actively engage in community outreach programs and host career fairs that connect individuals with potential employers and mentors. By fostering a supportive network, we aim to create opportunities for skill development, internships, and job placements.

Golden Future is not just a name; it represents our unwavering commitment to nurturing potential and inspiring hope. We continually adapt our programs to meet the evolving needs of the workforce and the community, ensuring that our guidance remains relevant and impactful.

Whether you're a recent graduate uncertain about your next steps or a professional seeking a career change, Golden Future is here to support you every step of the way. With our comprehensive resources and dedicated team, we empower you to take control of your career path and achieve the success you envision.

Together, let's build a future where everyone can shine bright with their unique talents and aspirations. Discover the possibilities with Golden Future and let us help you turn your dreams into reality.



OUR TEAM



SHOBHIT NARIAN AGARWAL

Founder

From his convent schooling in the hills of Mussoorie to an MBA from Narsee Monjee University, Mumbai. Shobhit ji brings 18+ years of spirituality, career counselling, life coaching and corporate training experience. Having started his work journey with the 'Gems and Jewellery Export Promotion Council' in 2007 to contribute to his own wholesale jewellery family business as the seventh-generation entrepreneur, His inner calling led him to become a spiritualist and serve society. He is the Founder of Golden Future – An Emotional Wellness Center registered as a Public Charitable Trust.



DR ANJALI GAUPTA

Senior Clinical Psychologist

Consultant RCI licensed, Senior Clinical Psychologist, Therapist and Healer, serving people since more than 25 years.

She received visiting psychology award from University of Glasgow for her program of psychological assessment of brain damage patients within United Kingdom.



DR GIRISH GUPTA

Core Committee Member World Mental Health Festival

President of Homeopathic Research Foundation (NGO) International President of Asian Homeopathic Medical League. Well known national and international speaker on Homeopathy. Authored number of books Published more than 80 clinical research papers on various topics. Recipient of many awards and recognitions



Dr. Ankur Talwar



Mrs. Puneeta Bhatnagar



Mr. Abhishek Agarwal



Mr. Satya Mittal



Dr. Reena Agrawal



Mrs. Kumkum Agarwal

HOW IT STARTED



2008

Began as a corporate training firm



2012

Established as a school, corporate and government training firm



2014

Diversified into career, psychology and guidance.



2015

Forayed into adolescent psychology



2016

Gained firm ground from counseling psychology.



2018

Golden Future invited in IALSE as a panelist speaker.



2019

Genesis of World Mental Health Festival



2020

Establishment of Happy Thinking Lab



2021

Intense COVID work Virtual Conferences and Spiritual Talks



2022

Inter Faith Religious Meet at 2nd World Mental Health Festival



2023

3rd World Mental Health Festival
Children's/Youth/Public/Musical Contest



2024

- Began Golden Future School
- Start of Residential Retreats



2025

Shri Hari Computer Center Started



2019 Genesis of World Mental Health Festival

It started in the year 2019, over a cup of herbal tea with the thought of helping people come out of their emotional problems. Having seen the sufferings and the misconceptions, taboos, misunderstandings in the society about counseling, talking therapy, sharing your day-to-day challenges with a third person, seemed as if it is an act of people who are unstable, an act of people who are mad, or it is an act of people who are weak in life. So we came together to address this issue that it is absolutely normal, just the way we get our physical body checked. When our physical body is injured or there's an accident, we get it bandaged and we take treatment. Similarly for the mind, we have professionals who help people to come out of their emotional challenges. Something called as the emotional first aid. So, to celebrate the mental health challenges, whether it is about adolescents, teenagers, youth life, adult life, or it is marital issues, old age issues, anything related to the daily cuts and scrapes of life which emotionally or psychologically cripple people to function normally in the day-to-day activity, is something that we came together to address. And we thought, what better way than to take it to the school children in the form of a contest, by engaging them in writing, speaking, painting, dancing, singing, in all these creative pursuits. Taking the theme of mental health and bringing it to the youth as well, wherein students at universities and colleges come together to creatively compete on the given theme.

So, in this way, the awareness would trickle down to the parents, to the guardians and to the public at large. Inviting the media and eventually celebrating it in the form of a festival where there's dance, there's frolic, there are people from academia, from industry, and people put up food stalls, Satvik food stalls, healthy food stalls. And there are many other stalls related to wellness and wellbeing at the same time. Lots of talks going on around the issues of emotional care, wellness, and well-being.

We see that the Indian government wants India to become a medical tourism wellness hub as well. Thus, counseling stalls, safe spaces where people can speak their heart out, panel discussions and award ceremonies...to celebrate it in a form of a Mohatsav was the whole idea. And thus came the whole plan of World Mental Health Festival. So MrShobhitNarain Agarwal curated the whole idea with his team took it ahead to the public.

Vision

The World Mental Health Festival's vision is to promote global well-being and mental health, eradicating stigma and fostering a supportive, inclusive community that values mental health as a cornerstone of a vibrant society.

Mission

The mission of the World Mental Health Festival is to create a platform that raises awareness and spreads knowledge about mental health, well-being, and self-care. Through engaging events, education, and advocacy, we aim to empower individuals and communities to prioritize and proactively enhance their mental health. Our mission is to drive positive change, reduce stigma, and promote well-being for a healthier and more compassionate world.



Core Committee Meeting

2019 1st World Mental Health Festival

Theme: Suicide Prevention

On World Mental Health Day, 10th October 2019, Golden Future associated with Lucknow Management Association (LMA), Institute of Yogic Therapy and Culture, and Akshayam Foundation to organize a "Round Table Discussion on Suicide Prevention." This event brought together a diverse group of professionals, including doctors, psychologists, spiritual leaders, principals, psychiatrists, professors, university deans, healers, social activists, trainers, and counselors, all with the shared goal of strengthening mental health services in Lucknow.

Among the notable guest professionals present were Nawab Jafar Mir Abdullah Sahab, Dr. Perna Mitra, Dr. Prabhat Sitholey, Dr. Anjali Gupta, and Dr. Varun Vidhyarthi. The event featured the launch of the www.goldenfuture.org website and the release of a Product Catalogue containing psychological tests, assessments, equipment, and publications, aimed at benefiting the public. This was carried out by Mrs. Kumkum Agarwal, the Founder of Golden Future.

The Round Table Discussion explored various aspects and interdisciplinary approaches related to suicide prevention, including:



Focus Group Discussion



Group Presentation



Explaining Concepts



Golden Future Banner

1. The psycho-socio perspective of suicide.
2. The role of psychiatry and biological factors in suicide prevention.
3. The role of spirituality in suicide prevention.
4. The importance and role of caregivers in suicide prevention.
5. The role of psychologists in preventing suicide.
6. Prospects and responsibilities of future generations
7. The role of yoga and meditation in suicide prevention.
8. The role of healers, trainers, and social activists in suicide prevention.



Conference in Progress



Group Photograph

The purpose of this Round Table was to facilitate discussions among mental health professionals and students, who will be the future torchbearers of mental health. Mr. Shobhit Narain Agarwal, the President of Golden Future, moderated the discussion, introducing the organization's initiatives in psychology and counseling to prevent suicide. Each round table focused on one of the topics mentioned above, and they presented their views and concerns, followed by a question-answer session and a short creative meditation led by Mr. Agarwal.

Approximately 50 expert professionals provided valuable insights and solutions to prevent suicide, emphasizing the importance of collaboration across various fields. Mr. Saumil Sharma, Coordinator of Yogic Treatments, and Mrs. Suvarna Sharma Kumar, Founder of Akshayam Foundation, emphasized the significance of observing World Mental Health Day and addressing this serious social problem. The collective interventions and discussions during the event were highly beneficial to the audience, including students and the general public.

Active Participation of Various Experts



2020-2021 Events, Programs and Virtual Conferences During Covid

2020 Happy Thinking Lab

Objective: The primary objective of the Happy Thinking Lab is to enhance the mental fitness and psychoanalysis capabilities of students. It aims to improve their overall well-being by providing training and empowerment in the field of psychology services. The goal is to create a nurturing environment where students can develop the necessary skills and knowledge to positively impact the mental health of individuals and communities.

Description: The Happy Thinking Lab was founded in collaboration with the Rajyoga Education and Research Foundation (RERF) and Lucknow University under the guidance of Mr. Shobhit Narain. It operates within the Department of Psychology and focuses on training students in psychology services. The initiative aims to offer a platform where students can gain practical experience, fostering their growth in the field of mental wellness. The lab's approach includes a strong emphasis on holistic well-being and the advancement of psychological science.

Outcome: The Happy Thinking Lab is expected to make a lasting and transformative contribution to the field of mental wellness and psychoanalysis. By equipping students with enhanced mental fitness and psychoanalysis capabilities, it aims to create a cadre of professionals ready to positively impact mental health in diverse settings. The establishment of Happy Thinking lab contributed to the NAAC A+ grading to the University of Lucknow and around 28000 students, research scholars and professors benefited from it. The lab's emphasis on holistic well-being and the advancement of psychological science suggests the potential for significant advancements in understanding and addressing mental health challenges within communities.





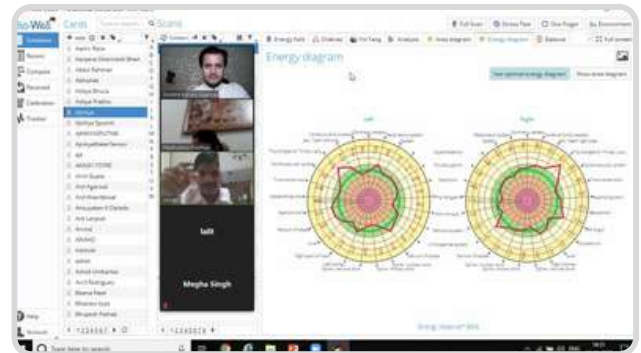
Mr Shobhit Conducting Session



Activity Tree of Virtues



Small Group Discussion in Wisdom Hall



Bio-Well Feedback Machine Online Training



Administration of Bio Well-Feedback Machine



Activity Zone



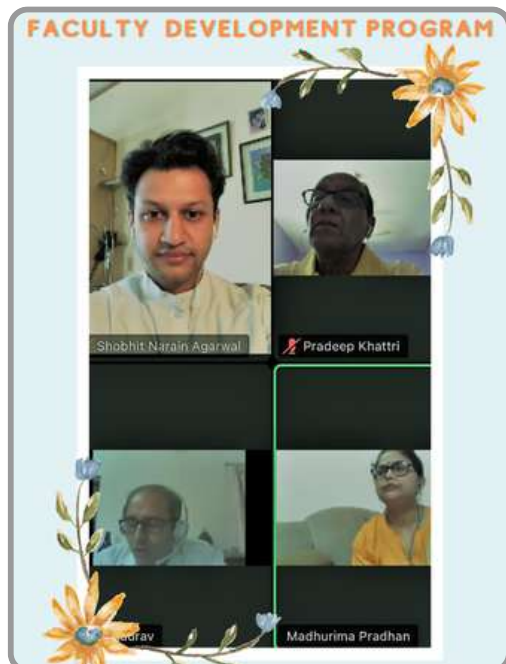
Bio Well Feedback Machine Training



MOU between University of Lucknow and RERF lead by Shobhit Narain.



Bio Well Feedback Machine



Faculty Development Program



National FDP Paper Presentation



Silence Room



Spiritual Library



Student Volunteers



Inauguration of HTL at Lucknow University



Spiritual Research Room



Reception Desk

Day	Time	Topic
Monday	12 PM - 1 PM	Dr. K. K. Singh
Monday	1 PM - 2 PM	Dr. K. K. Singh
Monday	2 PM - 3 PM	Dr. K. K. Singh
Monday	3 PM - 4 PM	Dr. K. K. Singh
Monday	4 PM - 5 PM	Dr. K. K. Singh
Tuesday	12 PM - 1 PM	Dr. K. K. Singh
Tuesday	1 PM - 2 PM	Dr. K. K. Singh
Tuesday	2 PM - 3 PM	Dr. K. K. Singh
Tuesday	3 PM - 4 PM	Dr. K. K. Singh
Tuesday	4 PM - 5 PM	Dr. K. K. Singh
Wednesday	12 PM - 1 PM	Dr. K. K. Singh
Wednesday	1 PM - 2 PM	Dr. K. K. Singh
Wednesday	2 PM - 3 PM	Dr. K. K. Singh
Wednesday	3 PM - 4 PM	Dr. K. K. Singh
Wednesday	4 PM - 5 PM	Dr. K. K. Singh
Thursday	12 PM - 1 PM	Dr. K. K. Singh
Thursday	1 PM - 2 PM	Dr. K. K. Singh
Thursday	2 PM - 3 PM	Dr. K. K. Singh
Thursday	3 PM - 4 PM	Dr. K. K. Singh
Thursday	4 PM - 5 PM	Dr. K. K. Singh
Friday	12 PM - 1 PM	Dr. K. K. Singh
Friday	1 PM - 2 PM	Dr. K. K. Singh
Friday	2 PM - 3 PM	Dr. K. K. Singh
Friday	3 PM - 4 PM	Dr. K. K. Singh
Friday	4 PM - 5 PM	Dr. K. K. Singh
Saturday	12 PM - 1 PM	Dr. K. K. Singh
Saturday	1 PM - 2 PM	Dr. K. K. Singh
Saturday	2 PM - 3 PM	Dr. K. K. Singh
Saturday	3 PM - 4 PM	Dr. K. K. Singh
Saturday	4 PM - 5 PM	Dr. K. K. Singh

Schedule of Free Counselling



Karada Scan Machine

"Rainbow Event," hosted by Shobhit Narain at Brahma Kumaris during the challenging times of the COVID-19 pandemic, was a ray of hope and inspiration for many. This Guidance and Personal Empowerment Talk provided a virtual platform for people to come together and find guidance and motivation during uncertain times. Shobhit Narain and Sister Swarna lata of Brahma Kumaris insights and wisdom undoubtedly offered a colorful spectrum of perspectives to help individuals navigate the challenges of the pandemic. By addressing personal empowerment and providing guidance, this online event became a beacon of positivity, helping people find strength and resilience in the face of adversity. About 100 plus episodes have been created and. Every Saturday 7:30pm the talk show was aired live and people could ask their questions instantly as well. The talk show was a two way dialogue with the public. More than 50,000 individuals benefited from the event, which utilized the power of virtual gatherings to offer guidance and support during the pandemic.



Link of Rainbow Youtube Channel

https://www.youtube.com/watch?v=8I_IBf1U0Pw

IMPACT AND EMERGING TRENDS
POST COVID: THE WAY FORWARD,
TURNING PROBLEMS INTO OPPORTUNITIES

*A Little Love in Every Cup...
Let's Share with Everyone...*








DR. VARUN VIDYARTHI
FOUNDER MANOVADAYA
INSTITUTE

DR. MANJULA GOSWAMI
Head of the Institution
The Millennium School

GAURAV PRAKASH
Chairman M&E
Confederation of Indian Micro
Small Medium Enterprise-UP

DR. VINAYAK MISHRA
Hemachand Hospital
Laparoscopic & Bariatric
Surgeon

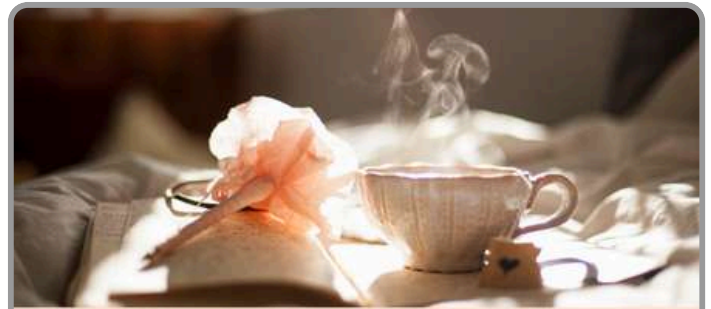
MAR 14th 2021
Chai N Chill, Ground Floor, DLF MyPad,
Opposite Decathlon, Gomtinagar, Lucknow

Timing: 04 - 06 P.M.
onwards

OUR STAKE
HOLDERS

OUR SPONSORS

www.folktalesgroup.com



Program Schedule

14th March 2021

**Chai and Chill, Ground Floor ,DLF MyPad,Opposite
Decathlon,Gomtinagar, Lucknow, Lucknow**

- 4:00 4:30: Registration & High Tea
- 4:30 – Welcome Ceremony & Lamp Lighting
- 4:35 – About Tea Stories and its Founders
- 4:40 – Moderator Introduction
- 4:45 – Session begins
- 4:45- 5:15 – Speakers Presentation
- 5:15- 5:30 – Moderator Q & A
- 5:30 – 6:00 – Audience Interaction
- 6:00 - Closing Ceremony

Our Panelists, Moderator and Guests



2018 Tea Stories

FolkTales @ GoldenFuture
Tea Stories
GUEST SPEAKERS


Najaf Rizvi
 VP & Regional
 Head ICICI Securities


Dr. Surbhi Jain
 Nutritionist & Founder
 Nutriwell India


Chandra Shekhar
 Author & Entrepreneur


Ashwin Narayan
 Senior Manager
 Hero Motocorp


Kena Shree
 Senior HR
 NTPC & Writer

21 January 2018 | Time 3 pm to 5 pm
 Venue: LMA Conference Hall, Scientific Convention Centre, 1
 Shahmina Road, Opp. Buddha Park, Chowk, Lucknow.



2017 Tea Stories

"Tea Stories" is a captivating talk show in Lucknow that serves as a platform for individuals to meet and greet people from various walks of life. This show offers a unique opportunity to connect with real-life models and gain a deeper understanding of their journeys and experiences. Post-COVID, when the need for human connection and inspiration was greater than ever, Mr. Shobhit Narain played an instrumental role in the formation and event coordination of "Tea Stories." His efforts have undoubtedly contributed to creating a space where stories, lessons, and experiences are shared, fostering a sense of community and mutual understanding among participants. This initiative showcases the power of personal connections and storytelling in building a stronger, more empathetic society.

Chief Guest For Office Inauguration
FolkTales @ Golden Future


Bhuvnesh Kumar IAS,
 Secretary Government of
 U.P. Department of
 Vocational Education and
 Skill Development


Actor Farrukh Jaffar of
 Umrao Jaan, Peepli Live,
 Bajrangji Bhaijaan, Secret
 Superstar, Swades and
 lot of other films.

Be there to bless us.
 27 NOVEMBER 2017, MONDAY, 3 PM
 APT# 903, TOWER A, CELEBRITY
 GREENS, ANSAL GOLF CITY,
 NEAR G.D.GOEENKA SCHOOL
 LUCKNOW

FOLKTALES @ GOLDENFUTURE
Tea Stories
 GUEST SPEAKERS


Dr. V.V. Singh
 Bharat Shiksha Ratan
 Director
 Kibbutz Consultancy


Ms. Pooja Agarwal
 Pro-Chancellor of
 Shri Ramswaroop
 Memorial University


Mr. Sachin Sunder
 President IIM - L
 Toastmasters Club


Mrs. Shuchi Vishwas
 General Secretary
 Incharge Digital
 Communications UP
 Media Convener @INC


Prof Chander Mahadev
 Blogger Communication
 Specialist, Author,
 Script-writer, and Lead
 Trainer

POWERED BY BLOSSOM TEA
 3RD DECEMBER 2017, SUNDAY, 3 - 5PM
 SPONSORED BY GOLDEN TEA STORE

YOU'RE INVITED TO
Tea Stories
 Me time is Key time

DECEMBER 3, 2017 | 3:00 - 5:00PM |
 903, Tower A, Celebrity Greens,
 Sushant Golf City, Lucknow

*A Little Love In Every Cup...
 Let's Share Some with Everyone!*

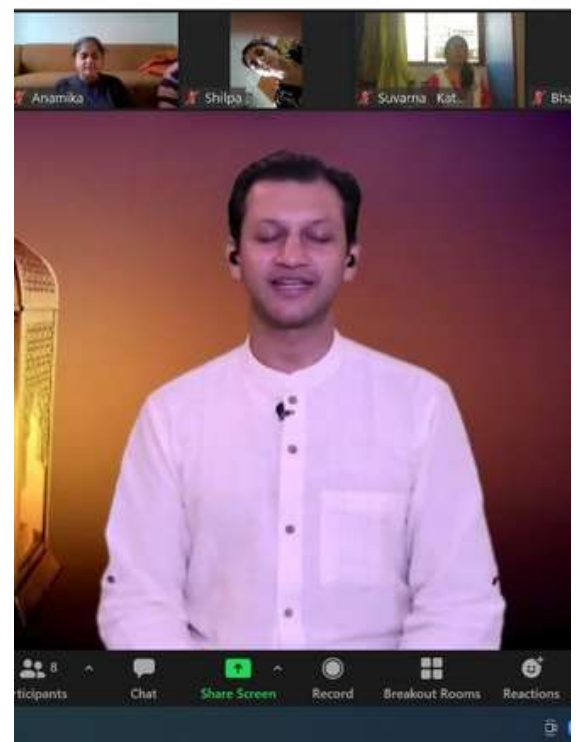
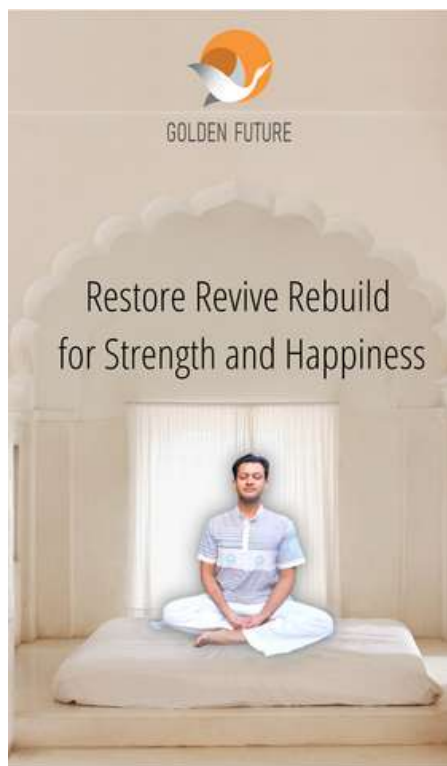


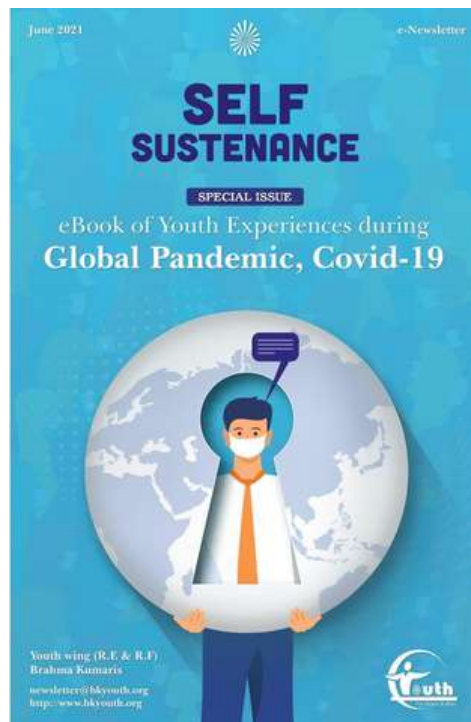
R.S.V.P
 Raj Smriti @ 9919184111
 Shobhit Narain @ 9919919038
 FOLKTALES @ GOLDEN FUTURE

2020-2021 Virtual Programs During Covid

Mr. Shobhit played a crucial role during the COVID-19 pandemic by conducting a series of virtual talks, conferences, and yoga classes focused on enhancing mental well-being. In a time of unprecedented challenges, his efforts provided much-needed support to individuals grappling with the mental strains of the pandemic. Through these initiatives, Golden Future offered guidance, insight, and practical tools to help people cope with stress, anxiety, and isolation. His dedication to promoting mental health and well-being in the face of adversity demonstrated a commitment to the community's mental wellness during these trying times.

2020 Meditation





2020-2021 Service through Social Media

Dr. Anjali Gupta, Kumkum Agarwal, and Neha Agarwal contributed a series of informative videos on household topics to support people during the challenging times of COVID-19. These videos covered a range of relevant subjects, offering practical advice and insights to assist individuals in managing various household-related aspects during the pandemic. Their efforts aimed to provide helpful tips and guidance, catering to the needs of people navigating through uncertain times, fostering a sense of support and assistance in day-to-day living.



"कुशल परवरिश"



"रिश्ता सास बहू का"



"कुशल ग्राहिणी"



"योग और सौंदर्य"

Shobhit Narain conducted tailored online career counseling sessions for first-year students pursuing BA, BBA, BCA, and BSC at **Lal Bahadur Shastri Group of Institutions**. His expertise guided these students, offering insights into potential career paths and skill development opportunities within their respective fields. These sessions aimed to empower students, aiding them in making informed decisions about their academic and professional futures.



2022 Indian Industries Association

Shobhit Narain expertly moderated the "Gen Z Happiness during Uncertain Times" career counseling workshop organized by IIA virtually. Approximately 100 students and parents participated, engaging in discussions about navigating career choices amid uncertainties. His adept moderation facilitated insightful dialogues, guiding participants to make informed career decisions while emphasizing happiness and well-being. This workshop empowered Gen Z by addressing concerns and providing guidance for a fulfilling academic and professional journey.



Online workshop organised by IIA
Women's Wing Lucknow Chapter



Mr. Shobhit Narain Agarwal
(Career Advisor, Life Coach and Spiritualist)
Founder of Golden Future

Gen Z happiness during uncertain times
Date: 30th January 2022
Time: 12:30 Pm.

Participant's profile: 13 years & above

Online Platform: 



THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled—with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill



What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do

What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbility
Publisher of Therapy Resources

COPING SKILLS

A coping skill is the way that you choose to respond to your feelings of stress, anger, anxiety, and other emotions. There are two types of coping skills - healthy and unhealthy.

Healthy

A healthy coping skill is a way of coping that helps you feel better and doesn't harm you or other people physically or emotionally. A healthy coping skill is one that doesn't lead to negative consequences.

Examples

• Using positive self-talk • Deep breathing • Reading a book • Going for a walk • Volunteering • Exercising	• Talking to a friend • Playing a sport or game • Hanging out with friends • Listening to music • Doing yoga or meditating • Drawing or painting	• Sharing your feelings • Taking time by yourself • Talking to a trusted adult • Taking a hot bath/shower • Resolving the problem • Being in nature
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Unhealthy

An unhealthy coping skill might help you feel better in the moment, but it usually leads to consequences and can be harmful to yourself and others. A pattern of using unhealthy coping skills usually leads to poor relationships with others.

Examples

• Name-calling or insulting • Being violent towards others • Spreading rumors • Yelling and screaming • Hurting yourself • Threatening	• Reckless behaviors • Using drugs or alcohol • Shutting down • Emotional eating • Blaming others • Avoiding the problem	• Being passive-aggressive • Getting revenge • Destroying property • Pretending not to care • Oversleeping • Negative social media posts
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Publisher of Therapy Resources



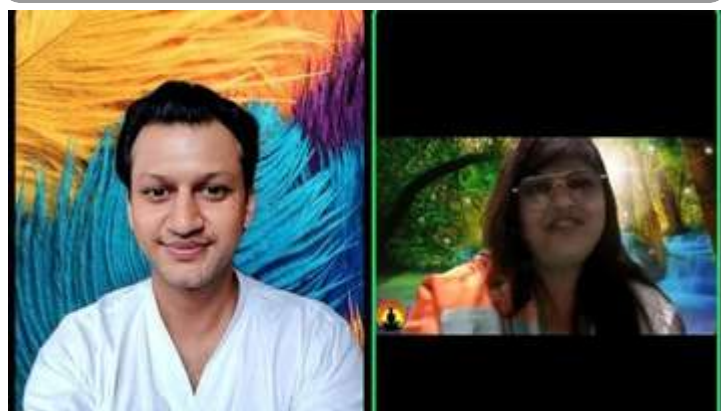
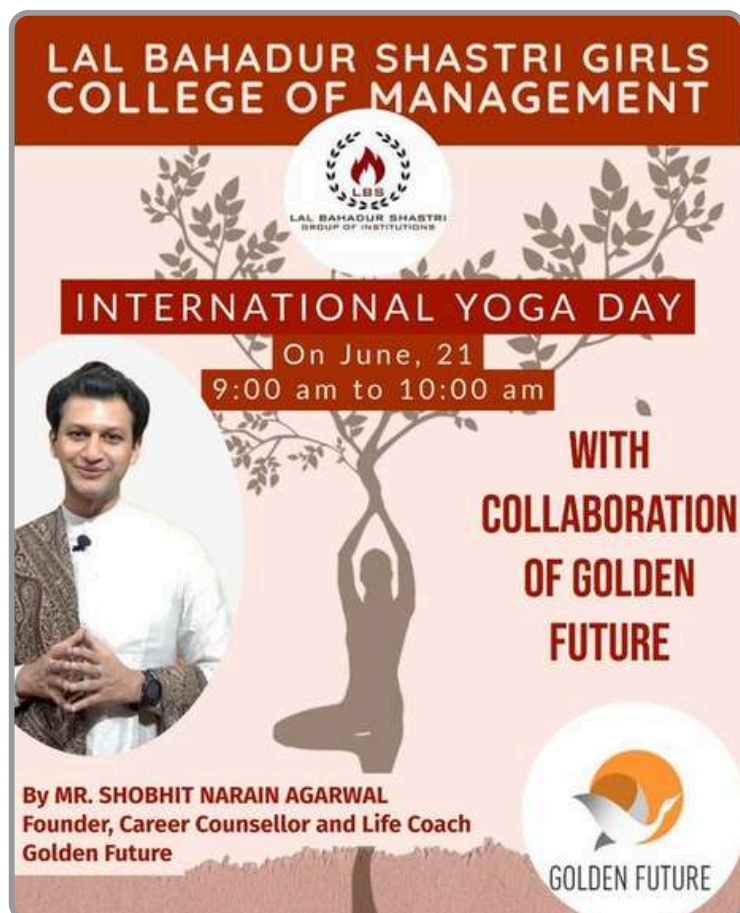
2020-2021 Virtual Yoga Sessions

Amidst the trials of the COVID-19 pandemic, Shobhit Narain emerged as a guiding light, conducting virtual yoga sessions that catered to both physical fitness and mental well-being. Collaborating with esteemed organizations like Brahm Kumaris University of Lucknow and Lal Bahadur Shastri Group of Institutions, he seamlessly integrated ancient yoga principles with modern technology. Beyond mere physical exercise, his teachings encompassed mindfulness practices and meditation, offering a haven of balance and resilience in uncertain times. Shobhit Narain's unwavering dedication to promoting wellness in adversity showcases yoga's profound influence in fostering holistic health and global unity.

Yoga Session By Mr Shobhit Narian for Government Teacher of Uttar Pradesh in Association With Brahma Kumaris



2021 Yoga Session at Lal Bahadur Shastri Girls College of Management





Our guest for session...

Mr. Shobhit Narayan Agarwal
A spiritualist, life coach, career advisor, corporate trainer.

INTERNATIONAL YOGA DAY
Date: 21st June 2021
Time: 1pm, Monday

join by clicking <https://meet.google.com/npy-nooc-oby>



Certificate of Appreciation

is hereby awarded to

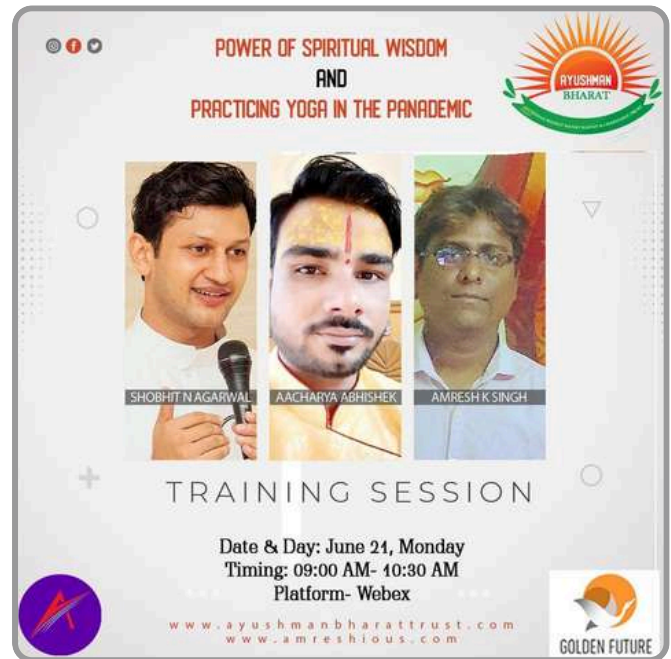
Mr. Shobhit Narayan Agarwal

in recognition of being a Guest Speaker of the event held on the auspicious occasion of "International Yoga Day" organized by Open Students Hour, Department of Statistics, University of Lucknow.

Prof. Sheela Misra, Founder
June 21, 2021
Date

2020 Online Yoga Class

POWER OF SPIRITUAL WISDOM AND PRACTICING YOGA IN THE PANADEMIC

POWER OF SPIRITUAL WISDOM AND PRACTICING YOGA IN THE PANADEMIC

TRAINING SESSION

Date & Day: June 24, Monday
Timing: 09:00 AM- 10:30 AM
Platform- Webex

www.ayushmanbharattrust.com
www.amreshious.com



2020 Interview : Lifestyle Changes For Overall Well-Being

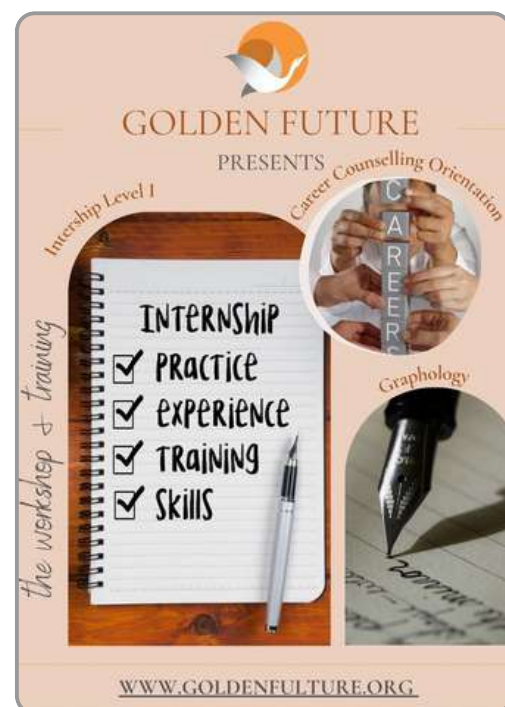
Shobhit Narain led an insightful virtual session in collaboration with The Wellness Deck, focusing on lifestyle changes for holistic well-being. This session delved into essential adjustments to promote overall health and vitality. Shobhit Narain's guidance provided valuable insights, emphasizing the significance of lifestyle modifications in nurturing a balanced and fulfilling life.



2021 Covid Online Training : Graphology, Career Counselling, Psychological Tests

Three Experts Three Programs. Golden Future is out with online programs.

- Program 1** - Curriculum of Internship Level 1 for students of Bachelors and Masters degree by Dr Anjali Gupta.
Day 1: Introduction & Case History Taking **Day 2:** Mental Status Examination **Day 3:** Case Presentation & Diagnosis Making
- Program 2** - Curriculum of Career Counselling Orientation for professionals, children and young adults 13 years and above by Mr Shobhit Agarwal. **Day 1:** Introduction and Career Self Understanding **Day 2:** Career Mapping with World of Work
- Program 3** - Curriculum of Graphology for people 15 years and above by Dr Rupal Shah. What will you learn? Emotional intensity, Extrovert or introvert, Expressiveness, Goal setting and achievements, Decision making



2nd World Mental Health Festival 2022

10 Sep 2022 Children's Contest

Golden Future (Public Charitable Trust) is proud to collaborate with IMRT Business College, Lucknow, and esteemed Mental Health Organizations across Uttar Pradesh for the World Mental Health Day Festival 2022. This impactful event will feature an Inter School Children's contest for students in Class 9th, 10th, 11th, and 12th, taking place at St. Joseph's College, Ruchi Khand 1, Sharda Nagar Vojna, Lucknow on September 10th, 2022.

The festival aims to foster creativity and awareness among the youth, addressing mental health through various engaging contests. Participants will have the opportunity to showcase their talents in diverse areas, including a Painting Contest, Speech Contest, Essay Contest, and Nukkad Natak Contest.

The theme of all the contests is the same as World Mental Health Day theme 2022, that is, "Make Mental Health & Well-Being for All a Global Priority" which provides us with an opportunity to re-kindle our efforts to make the world a better place

By focusing on these creative outlets, the event not only encourages artistic expression but also provides a platform for students to express their thoughts on mental health in a constructive manner. The venue, St. Joseph's College, with its serene surroundings, sets the perfect backdrop for this enlightening occasion.

The World Mental Health Day Festival 2022 witnessed an overwhelming participation of more than 350 students from renowned schools, including City Montessori School, Pioneer Montessori School, The Wilbur School, Raj Kumar Academy, City International School, St. Joseph Montessori School, St. Paul's College, New Bal Bharti School, Spring Dale, and Hoerner College etc. The diverse representation of schools underscored the broad reach and significance of the event. The collective involvement of these schools not only showcased the commitment to mental health awareness but also emphasized the collaborative effort required to address and promote positive mental well-being among the children.



Lighting of the lamp



Nukkad Natak



Prize Distribution



Painting Competition



Essay Writing



Children Painting Group Photograph



Essay Writing



Children Painting



Prize Distribution



Felicitation



Debate



Singing



Debate

Golden Future (Public Charitable Trust) is delighted to join forces with IMRT Business College, Lucknow, and esteemed Mental Health Organizations throughout Uttar Pradesh to present the World Mental Health Day Festival 2022. This impactful event will host an Inter College Youth's contest specifically designed for college students, set to unfold at Ram Krishna Math Nirala Nagar, Lucknow. The festival's primary objective is to nurture creativity and awareness among the youth, centering on mental health through a variety of engaging contests, such as Painting, Speech, Essay, and Nukkad Natak.

Aligning with the World Mental Health Day theme for 2022, "Make Mental Health & Well-Being for All a Global Priority," the festival becomes a platform to reignite our collective efforts towards creating a better world. By channeling their creativity, participants not only express themselves artistically but also share thoughtful perspectives on mental health. The serene backdrop of Ram Krishna Math enhances the event's enlightening atmosphere.

The World Mental Health Day Festival 2022 drew an impressive turnout, with over 150 students participating from distinguished colleges like Lucknow University, National PG College, IGNOU, T.S. Mishra College of Nursing, Isabella Thoburn College, Shri Ramswaroop Memorial University, Astha Kiran Nai Roshni, Lucknow Polytechnic, Amity University, Shia PG College, Jaipuria Institute of Management, Saraswati Dental College, Fazidabad University, and more. This diverse representation underscores the widespread impact and significance of the event, highlighting a collective commitment to mental health awareness and the collaborative efforts needed to foster positive mental well-being among today's youth.

JOIN THE
FESTIVAL
OF JOY

WORLD MENTAL HEALTH DAY FESTIVAL 2022

Make Mental Health and Well being for All Global Priority

HIGHLIGHT :

Creative Writing Contest, Speech Contest, Nukkad Natak Contest, Painting Contest, Blood Donation Camp, Plantation Drive, Cultural Programs, Experts workshop, Talk & Discussions, Food, Fun Activities, Stalls

IN PARTICIPATION WITH



Lighting of the lamp



Lighting of the lamp



Speech by our Founder



Speech by our Panelists



Speech by our Guest



Speech by our Guest



Paintings by Children



Story Trail for Under Privileged Children



In 2022, the 2nd World Mental Health Festival, organized by Golden Future, marked a significant milestone in fostering mental well-being awareness. The festival strategically engaged children through various contests, including painting, Nukkad Natak (street play), speech, and essay competitions, illuminating the importance of mental health from an early age.

Distinguished by its inclusivity, the festival featured an interfaith meet, bringing together diverse perspectives on mental health. A thought-provoking panel discussion further enriched the dialogue, exploring various facets of mental well-being and promoting a holistic understanding.

Going beyond conventional events, the festival extended its impact through a blood donation camp, underlining the interconnectedness of mental and physical health. The presence of notable dignitaries added a layer of significance, reflecting a collective commitment to advancing the cause of mental wellness through various stalls and exhibitions.

The 2nd World Mental Health Festival in 2022 witnessed a convergence of eminent dignitaries, creating a diversity of expertise and perspectives. Among the distinguished attendees were Mr Brijesh Pathak ji (Dy CM) Swamy Muktinathnand ji (Ram Krishna Math), Sister Radha (Brahmakumaris), Dr. Naveen Samuelson (Christianity), Swamy Kaushik Chaitanya (Chinmaya Mission), Samarth Narain (Art of Living), Sufiyan Nizam Shaheb (Islam)



2022 Inter Faith Religious Meet



2022 Wellness Stalls



World Mental Health Festival 2022
Stall Pavilion Programs / Activities / Events

- Nukkad Natak by WMH Festival contest winners
- Hindi speech by WMH Festival contest winners
- English speech by WMH Festival contest winners
- Cultural Dance by Special Needs Children
- Paintings on display by WMH Festival contest winners
- Creative Writing on display by WMH Festival contest winners
- 30 - 40 wellness and well being stalls
- Healthy food court
- Blood donation camp
- Music / Song / Dance

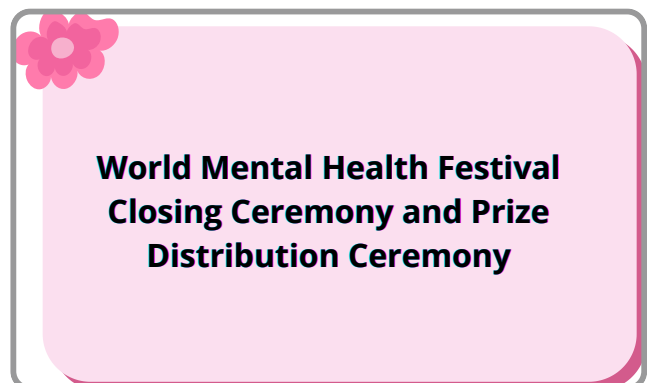




Mrs Aparna Yadav

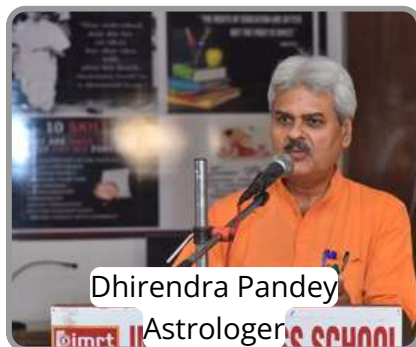


Our Founder With Nilabja Chaudhary IPS
Joint Commissioner Police (L&O)



World Mental Health Festival Closing Ceremony and Prize Distribution Ceremony

Very Experienced Speakers



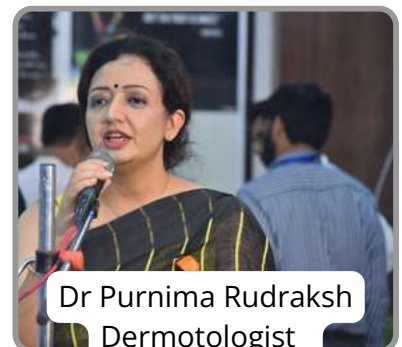
Dhirendra Pandey
Astrologer



Dr Shikha Tripathi
NABARD



Dr. Herbert Able
Christianity



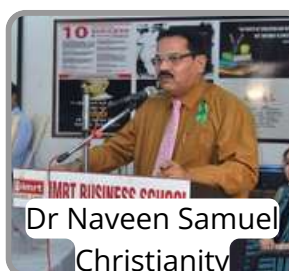
Dr Purnima Rudraksh
Dermatologist



Maulana Mohd-Sufyan
Nizami (Islam)



Dr Girish Gupta



Dr Naveen Samuel
Christianity



Mr Amit Dixit
Theatre Artist



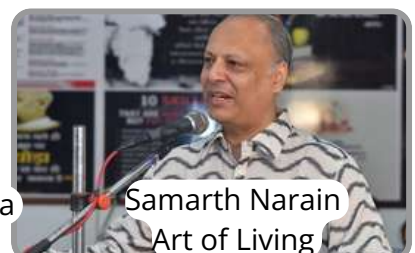
Swami Muktinathanand ji
Ram Krishna Math



B K Sister Radha
Brahma Kumaris



Swami Kaushik Chaitanya
Chinmaya Mission



Samarth Narain
Art of Living

2022 Blood Donation

Golden Future, in collaboration with Lemed Wellness and Yagya Charitable Blood Bank, organized a blood donation camp during the World Mental Health Festival 2022. This heartfelt initiative gathered approximately 20 units of life-saving blood, symbolizing unity and support for both physical and mental well-being. Beyond the donated units, the event emphasized the profound connection between altruism and mental resilience, echoing the festival's message of holistic health and community solidarity.



2022 Cultural Events



2022 Stall Exhibition on World Mental Health Day



World Mental Health Festival 2022
Stall Pavilion Programs / Activities / Events

- Nukkad Natak by WMH Festival contest winners
- Hindi speech by WMH Festival contest winners
- English speech by WMH Festival contest winners
- Cultural Dance by Special Needs Children
- Paintings on display by WMH Festival contest winners
- Creative Writing on display by WMH Festival contest winners
- 30 - 40 wellness and well being stalls
- Healthy food court
- Blood donation camp
- Music / Song / Dance



2023 3rd World Mental Health Festival

28 May 2023 Indian Classical Music Event

As a part of World Mental Health Festival 2023 the Indian Classical Event, unfolded on May 28, 2023, at Shri Ramakrishna Math in Nirala Nagar, Lucknow, Uttar Pradesh, stands as a testament to the power of collective effort and shared vision. This endeavor, masterminded by Golden Future, stands shoulder to shoulder with esteemed organizations and distinguished personalities, among whom the distinguished Chief Guest will be Mrs. Aparna Yadav, an Indian social activist and politician of note. This collaborative symphony harmonizes the efforts of Rama Krishna Math, the Young Managers Forum of LMA, Asha Jyoti School, JCom Business Network, Rainbow School, St. Joseph School, Gaurang Hospital, Nirvan Hospital, and an illustrious cadre of practitioners spanning Ayurveda, Homeopathy, Allopathy, Naturopathy sciences, psychiatrists, healers, counsellors, clinical and counselling psychologists, therapists, NGO founders, social activists, life coaches, spiritual thought leaders, motivational speakers, teachers, and professors. Together, this assembly represents an amalgamation of diverse talents, perspectives, and expertise, weaving a tapestry of selfless dedication toward the common cause of fostering mental health wellness and well-being across the populace of Uttar Pradesh. This event epitomizes the strength found in unity, bringing together individuals from varied backgrounds and age groups, collectively driven by a singular purpose: to champion mental health and ensure the well-being of the community they serve.

Top of Form





Lighting of the Lamp



Esteemed Speaker



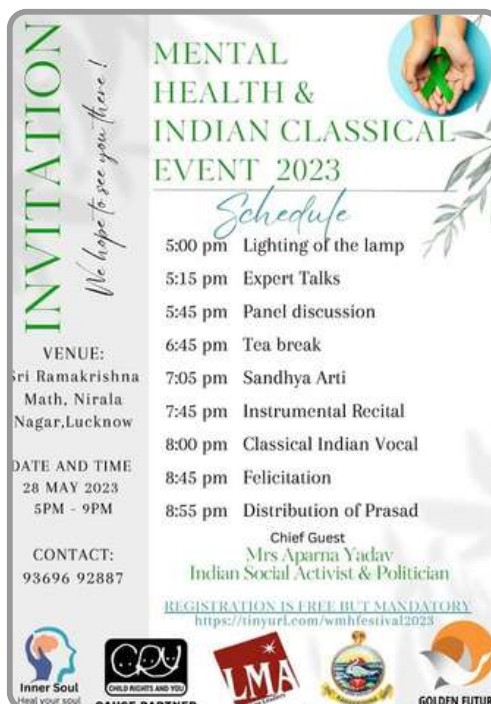
Pannel Discussion



Classical Music Performance



Classical Music Performance





Felicitation

हिन्दुस्तान www.livehindustan.co
लखनऊ, सोमवार, 29 मई 20

रामकृष्ण मिशन है अनूठा मिलन केंद्र

लखनऊ। निराला नगर स्थित रामकृष्ण मिशन सेवाश्रम के सचिव स्वामी मुक्तिनाथानंद महाराज ने कहा कि रामकृष्ण मिशन एक ऐसा संगठन है, जो कि गृहस्थ भक्तों एवं संन्यासियों की मिलन क्षेत्र है। श्रीरामकृष्ण एक ही साथ एक आदर्श गृहस्थ व संन्यासी थे। रामकृष्ण संघ उन्हीं का एक विराट शरीर है। यह संगठन उन्हीं के अनुरूप है। हावड़ा रामकृष्ण मिशन के स्थापना के 125वीं वर्षगांठ पर रामकृष्ण मठ में संगोष्ठी एवं सांस्कृतिक कार्यक्रम हुआ। भाजपा नेता अपर्णा यादव समेत अन्य मौजूद रहे।

सहारा www.rashtriyasahara.com

रामकृष्ण मिशन गृहस्थ भक्तों व संन्यासियों का अनूठा मिलन केंद्र : स्वामी मुक्तिनाथानंद

लखनऊ (एसएनबी)। निरालानगर स्थित रामकृष्ण मिशन सेवाश्रम के सचिव स्वामी मुक्तिनाथानंद महाराज ने कहा कि रामकृष्ण मिशन एक ऐसा संगठन है, जो कि गृहस्थ भक्तों एवं संन्यासियों की मिलन क्षेत्र है। ताकि सब मिलकर साथ में ईश्वर की उपासना तथा मनुष्यों की सेवा कर सकें। स्वामी जी ने दीप प्रज्ज्वलित कर हावड़ा रामकृष्ण मिशन की स्थापना के 125वीं वर्षगांठ पर निरालानगर रामकृष्ण मठ में एक संगोष्ठी एवं सांस्कृतिक कार्यक्रम की शुरुआत की। हावड़ा में हुआ कार्यक्रम यूट्यूब चैनल के जरिए यहां मठ में सीधे प्रसारण से देखा गया। इस मौके पर समाजसेवी भाजपा नेता अपर्णा यादव ने बधाई देते हुए कहा कि रामकृष्ण मिशन सेवाश्रम आज तक गरीब, पिछड़े वर्गों एवं आम जनता की सहायता लगातार कर रहा है। साथ ही शिक्षा, आध्यात्मिक क्षेत्र में विभिन्न प्रकार के कार्यक्रम निरंतर रूप से कर रहा है, ताकि उनका उत्थान किया जा सके। इस मौके पर मानसिक स्वास्थ्य के संबंध में लोगों को जागरूक किया गया। कार्यक्रम में डॉ. अंजलि गुप्ता, डॉ. गौरांग, डॉ. सोमा, गौरव प्रकाश, गौरव श्रीवास्तव,

स्वतंत्र चेतना

रामकृष्ण मिशन की स्थापना की 125वीं वर्षगांठ

मानसिक स्वास्थ्य के विभिन्न पहलुओं पर हुई चर्चा

विशेष बच्चों ने प्रेरणादायक नृत्य प्रस्तुत कर किया मंत्रमुग्ध, कलाकारों को किया गया सम्मानित

कार्यक्रम चलाया
लखनऊ। गत दिवस रामकृष्ण मिशन

के संन्यासियों द्वारा किया गया। इससे पहले गैलरीन प्रदर्शन लखनऊ के



की स्थापना के 125वीं वर्षगांठ को बड़े हर्षोल्लास के साथ मनाया गया। इस अवसर पर राजधानी के निराला नगर स्थित रामकृष्ण मठ के प्रेक्षागृह में संगोष्ठी एवं सांस्कृतिक कार्यक्रमों का आयोजन किया गया। कार्यक्रम की शुरुआत रामकृष्ण मिशन सेवाश्रम, लखनऊ के सचिव स्वामी मुक्तिनाथानंद महाराज एवं उपस्थित अन्य वर्यमान्य अतिथियों द्वारा दीप प्रज्ज्वलन के साथ हुआ तथा वीरक मन्त्रीधर स्वामी इष्टकृष्णानंद तथा मठ

संस्थापक शोभित नारायण ने उपस्थित गलमान्य अतिथियों का अभिनन्दन किया एवं उनका परिचय दिया। वहीं कार्यक्रम में विभिन्न विशेषज्ञों ने मानसिक स्वास्थ्य के संबंध के विभिन्न पहलुओं पर चर्चा की। इस दौरान डॉ. अंजलि गुप्ता, क्लीनिकल साइकोलॉजिस्ट, नू मॉडल हॉस्पिटल, लखनऊ, डॉ. गौरांग, परामर्शदाता, गौरांग क्लिनिक एण्ड सेंटर फॉर होमोपैथिक रिसर्च, लखनऊ, डॉ. सोमा, केयर एजुकेशनल ट्रस्ट की

संस्थापक ट्रेनरी, श्री गौरव प्रकाश, स्टेट केयरपरसन, सी.आई.एम.एन.एम.ई. (उ.प्र.), गौरव श्रीवास्तव, निदेशक, डिजिटल सेक्टर ऑफ एक्सिलेंस, जे.ई.सी.पी. तथा अमीरी पुरी, ब्रॉड, बाल्टियर ने क्रमशः अपने-अपने विचार व्यक्त किया। तत्पश्चात गणेश वंदना एवं सरस्वती वंदना गायन एवं प्रेरणादायक नृत्य विशेष बच्चों ने प्रस्तुत किया। सांस्कृतिक को श्री श्री ठाकुर जी की स्थापना आरती हुई। वहीं सोहम मिश्रा के एकल तबला वादन को मनमोहक प्रस्तुति ने भी श्रोताओं को मंत्रमुग्ध कर दिया। कार्यक्रम में लखनऊ के जाने माने शास्त्रीय गायन डॉ. बीजू कुमार भगवती ने शास्त्रीय गायन की मनमोहक प्रस्तुति दी। उनके साथ सुराति मुखर्जी ने वायलिन, तबला पर तबला वादक सुमित कुमार मल्लिक व हारमोनियम पर प्रमोद उपस्थित संयंत्र दी। अंत में सभी कलाकारों को मठ के अध्यक्ष स्वामी मुक्तिनाथानंद महाराज द्वारा स्मृति चिन्ह, पुस्तकें और श्री रामकृष्ण, श्री श्री शारदा देवी और स्वामी विवेकानंद की तस्वीरें भेंट कर सम्मानित किया गया।

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आदर्श गृहस्थ व संन्यासी से रामकृष्ण : मुक्तिनाथानंद

लखनऊ। रामकृष्ण मिशन हावड़ा के वेलूर मठ की स्थापना की 125वीं वर्षगांठ के अवसर पर निराला नगर स्थित रामकृष्ण मठ में संगोष्ठी एवं सांस्कृतिक कार्यक्रम का आयोजन किया गया। इसमें रामकृष्ण मिशन सेवाश्रम के सचिव स्वामी मुक्तिनाथानंद ने कहा कि श्री रामकृष्ण एक आदर्श गृहस्थ व संन्यासी थे। रामकृष्ण संघ उन्हीं का एक विराट शरीर है। अतः यह संगठन भी उन्हीं के अनुरूप है। इस अवसर पर क्लीनिकल साइकोलॉजिस्ट डॉ. अंजलि गुप्ता, डॉ. गौरांग आदि ने मानसिक स्वास्थ्य के संबंध में विचार रखे। बच्चों ने गणेश व सरस्वती वंदना, गायन एवं प्रेरणादायक नृत्य प्रस्तुत किया। शाम को श्री श्री ठाकुर जी की स्थापना आरती के बाद तबला वादन सोहम मिश्रा ने किया। हारमोनियम पर दिनकर द्विवेदी ने संगत दिया। शास्त्रीय गायन डॉ. बीजू कुमार भगवती ने किया। कलाकारों को स्वामी मुक्तिनाथानंद ने स्मृति चिन्ह, पुस्तकें व श्री रामकृष्ण, मां शारदा और स्वामी विवेकानंद की तस्वीरें भेंट की। (संवाद)

The World Mental Health Day Festival 2023, orchestrated by Golden Future (Public Charitable Trust), under the leadership of Mr Shobhit Narain Agarwal, held an impactful Inter School Children's contest at St. Joseph's College on July 8th, 2023. Over 500 students from renowned institutions like City Montessori School, Pioneer Montessori School, The Wilbur School, Raj Kumar Academy, City International School, and more participated, highlighting the event's significance.

Themed "Mental Health is a Universal Human Right," the contest encompassed diverse creative domains—painting, English and Hindi speeches and essays, nukkad natak, singing, and dancing. This theme emphasized mental well-being as an entitlement transcending language and expression.

Dr. Dinesh Sharma, former Deputy Chief Minister of Uttar Pradesh, graced the event as Chief Guest, inspiring and supporting the participants. The top three winners in each category received trophies and certificates, while all participants were honored with participation e-certificates, acknowledging their advocacy for mental health awareness.

Esteemed judges, including Ruchi Khare, Shubham Tiwari, Dr. Kirti Narain, Arohi Narain, Dr. Seema Verma, Santosh Tiwari, Diwakar Bhattacharya, Ruchi Rastogi, Ashutosh Vardhan, Poonam Nag Chaturvedi, Arun Kumar, and Prakhar Pandey, lent their expertise to evaluate the contests.

This collaborative effort among schools underscored their commitment to mental health advocacy and highlighted the collective endeavor needed to foster positive well-being among children. The event was a testament to unity and purpose, aiming for a future where mental health is universally recognized and respected as a fundamental human right.



Lighting of the Lamp



Lighting of the Lamp



**Chief Guest Dinesh Sharma
Ex Deputy CM UP**



Guests



Felicitation



Inauguration



Dr Girish Gupta



Dr S C Tiwari



Dr Kirti Narain



Dr Seema



Dr Anil Shukla



Dr Anjali Gupta



Mr Diwakar Bhattacharya



Dr Gaurang Gupta



Ms Ruchi Rastogi



World Mental Health Festival During Singing and Nukkad Natak Program 2023



2023 Blood Donation

During the World Mental Health Festival 2023, Golden Future, Rakht Seva Sangathan, and LHNA Blood Center collaborated for a blood donation drive. Together, they collected 33 units of blood, showcasing the deep link between physical health and mental well-being. This act of generosity not only saved lives but also highlighted the unity in supporting holistic health. The event emphasized how such initiatives bridge the gap between physical wellness and mental health awareness, fostering a more compassionate world.





World Mental Health Festival During Price Distribution 2023



World Mental Health Festival Children's Painting Contest 2023



The World Mental Health Day Festival 2023, orchestrated by Golden Future (Public Charitable Trust), and designed executed by Mr Shobhit Narain held a pivotal Youth and Public Contest at Ram Krishna Math, Nirala Nagar, near IT crossing on August 12th, 2023. This vibrant event, comprising Painting, English and Hindi Speeches, and Essay competitions, witnessed enthusiastic participation from diverse backgrounds, embracing nominations from Colleges/Universities and the public. Individuals spanning housewives, professionals, elders, businessmen, working individuals, and retirees contributed their insights.

Esteemed judges meticulously selected the top three participants in each category, assessing creativity, eloquence, and perspectives. The resonating theme "Mental Health is a Universal Human Right" fostered discussions on mental health's significance, providing a platform for artistic expression and intellectual discourse. It deeply underscored mental well-being as an essential human right transcending age groups and professions.

The event drew active participation from individuals aged 19 and above, illustrating a community-driven dedication to addressing mental health concerns. Mrs. Aparna Yadav's presence at the event added significance, symbolizing a collective commitment to promoting positive mental health practices.

Names of judges, competitions, no, etc.

The Youth and Public Contest served as a powerful beacon of awareness and unity, marking a collective stride towards safeguarding mental health as an intrinsic human right for everyone. The event's success amplifies the community's shared pledge to recognize and prioritize mental health as an essential facet of human well-being.



Lighting of the Lamp



Chief Guest



Esteemed Guests



Pannel Discussion



Participants



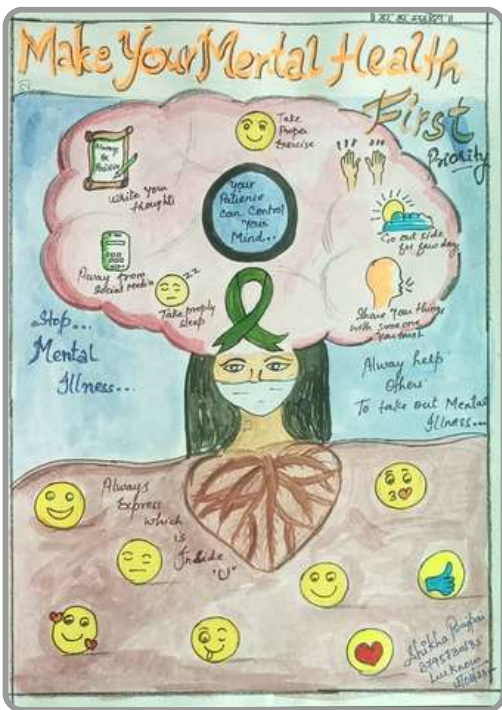
Participants



Essay Writing



Ram Krishan Math Volunteers



Paintings



Paintings



Paintings



Volunteers of Golden Future



Volunteers of Golden Future

Awards, Recognitions and Testimonials

पर्यटन अध्ययन संस्थान
संस्कृत विश्वविद्यालय, संस्कृत (परा)
INSTITUTE OF TOURISM STUDIES
UNIVERSITY OF LUCKNOW, LUCKNOW (INDIA)

Tel/Fax: +91 522 235661, 234018
E-mail: tourism@uol.ac.in

Dated: 8/10/2012

To Whom It May Concern

This is to certify that Mr. Shobhit Narain Agarwal, who is a Career Counsellor and owner of Golden Future-Career Counseling Pathway, successfully conducted a session on 'Career Avenues in Tourism Sector', for students of Tourism Studies during the German Seminar on 6/10/2012 at the Institute of Tourism Studies, Lucknow University, Lucknow.

The method given to choose a potential career for oneself based on understanding the interests and aptitudes of the self brought greater sense of clarity in the students. His approach to career avenues is methodological, and at the same time scientifically validated in the Indian context. We wish that greater number of people benefit through his counseling techniques.

(Dr. Palu Manoj)
Faculty

(Anupama Srivastava)
Coordinator
Tourism Programmes

संजय गांधी स्नातकोत्तर आर्यविज्ञान संस्थान
Sanjay Gandhi Postgraduate Institute of Medical Sciences
संजय गांधी स्नातकोत्तर आर्यविज्ञान संस्थान
संजय गांधी स्नातकोत्तर आर्यविज्ञान संस्थान
संजय गांधी स्नातकोत्तर आर्यविज्ञान संस्थान

Dr. Hem Chandra
Ref. No.: PGUDHA/PCD/ /20
Dated: 5/1/10

To,
Mr. Shobhit Agarwal
Lecturer
Lalji Ornament House

Dear Sir,

The Ministry of Health & Family Welfare, New Delhi has selected Department of Hospital Administration, SGPGIMS, Lucknow for organizing the Ten-weeks Professional Development Course on Management, Public Health and Health Sector Reforms for District Medical Officers of Uttar Pradesh, commencing from 21 December 2009.

We have identified you as a resource person for this programme and would like to bring the participants on a field visit to your organization, details of which are as under:-

Date: 5/1/10
Time: 2:15 PM
Venue: DEPARTMENT OF BIOSTATISTICS, SGPGIMS, LUCKNOW

Your kind cooperation and help will go a long way in making his programme successful. We will be highly obliged for a line of confirmation from your side.

With Best Wishes.

Your Sincerely,
(Dr. Hem Chandra)
Programme Director
Dept. of Hospital Administration

जयपुरिया प्रबन्धन संस्थान
जयपुरिया प्रबन्धन संस्थान
जयपुरिया प्रबन्धन संस्थान

Jaipuria Institute of Management
Vasant Vihar, Connaught Place, New Delhi-110029
Ph: +91 11 23942926, 23942927, 23942928 Fax: 011 23942929
Email: jai@jaiim.ac.in, www.jaiim.ac.in

July 27, 2008

Mr. Shobhit Agarwal
Proprietor Lalji Ornament House
Lucknow

Sir,

We wish to extend our heartfelt gratitude to you for sparing moments from your busy schedule and interacting with our MBA students and sharing with them your experiences as an entrepreneur. Your advice on how to do personal SWOT and then zero down to a specific opportunity was really appreciated by the students, who drew major learnings from it. We would also like to thank you for evaluating the business plans prepared by our students.

Looking forward to a long term association.

Regards,
Reena Agarwal
Lecturer Finance and Entrepreneurship

Conducts 2 year full time Post Graduate Diploma in Business Administration (PGDIBA), accredited by National Board of Accreditation (NBA) and approved by All India Council for Technical Education (AICTE).
Member of AICTE, Government of India and UGC post-graduate PGDIBA Programme for excellent education.

LOTUS INSTITUTE OF MANAGEMENT
Campus : 14th K.M. Bareilly-Lucknow Road, P.O. Rajau, Bareilly-243 123, U.P. (India)
City Off.: N-4, Murti Bhawan, Near Agrasen Park, Rampur Garden, Bareilly-243 001
Ph: 05821 231364, Fax: 05821 231364, 566, 3997481/058296, Email: info@liim.co.in, Website: www.liim.co.in

December 18, 2008

To,
Mr. Shobhit Agarwal
Proprietor Lalji Ornament House
Lucknow

Sir,

We wish to extend our heartfelt gratitude to you for sparing moments from your busy schedule and interacting with our PGDM students and sharing with them your experiences as an entrepreneur. Your advice on how to do personal SWOT and then zero down to a specific opportunity was really appreciated by the students, who drew major learnings from it.

Looking forward to a long term association.

Regards,
Abhishek Agarwal
Chairman

Approved by All India Council of Technical Education (AICTE), Ministry of HRD, Govt. of India

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TELE: +91 522 272197A, 2721974 FAX: +91 522 2721972 E-MAIL: pnrc@punjabnationalbank.co.in

22.05.2009

Sh. Shobhit Narain Agarwal,
Lalji Ornament House,
Chowk, Lucknow-226002

Sir,

The Training sessions on "Management" taken by you as Guest Faculty for our Senior Officers have been appreciated by all the participants and has been rated very high in respect of quality, contents & delivery.

We wish you a grand success in your assignment.

Programme Coordinator

The Promise Foundation
The Promise Foundation
The Promise Foundation

To whomsoever this may concern

Shobhit Agarwal was an active participant in the Jiva training programme conducted by The Promise Foundation in Bangalore in July 2012. During the training he showed vigorous enthusiasm as well as the ability to quickly absorb concepts and the skills required to practice the Jiva method of career guidance and livelihood planning.

As his teacher, my observation of his skills during a practical session with students indicated that he has the talent and ability to work effectively with adolescents and young people. His approach is sensitive, but at the same time he is rigorous in his application of the principles of career guidance.

Shobhit's enthusiasm has not waned after his training. His efforts have been consistent and he has been instrumental in establishing an independent institute to offer professional career development support to students and youth. This is perhaps one of the few initiatives of its kind in the country.

He has also shown an ongoing interest to further develop and deepen his knowledge of career guidance and counselling.

I have no hesitation in recommending him as an effective and earnest career facilitator. We wish him the very best as he strives to offer high-quality career development services to students and young people.

Gideon Arumani PhD,
Director, The Promise Foundation India
President, Indian Association for Career and Livelihood Planning
Board Member, International Association for Educational and Vocational Guidance
Honorary Senior Lecturer, School of Education, University of Warwick
Honorary Professor, Indian Institute of Management (IIM) Ahmedabad
International Fellow, IFCD (London) Ltd.
International Fellow, IFCD (London) Ltd.
International Fellow, IFCD (London) Ltd.
International Fellow, IFCD (London) Ltd.

DAD
Regional Training Centre
Lucknow

Dear Mr. Shobhit,

Thank you for taking out time to take a session on stress management. It was indeed a stress relieving thought nourishing session. We hope that this relationship will be a long lasting one. We wish you success and good wishes.

With regards,
(G.S. Pandey)
Faculty & Course Coordinator

राष्ट्रीय सद्भावना समिति
सद्भावना सम्मान-2022

श्रीमान/श्रीमती/कुमारी शोभित नारायण अग्रवाल (संस्थापक - गोल्डन फ्यूचर) को संस्था द्वारा धार्मिक सहिष्णुता और सामाजिक समरसता के प्रतीक पण्डित बद्री प्रसाद पाण्डेय के जन्मदिवस के अवसर पर आयोजित "34 वें राष्ट्रीय सद्भावना समारोह" में समाज सेवा एवं शिक्षा के क्षेत्र में उत्कृष्ट योगदान के लिए सद्भावना सम्मान 2022 से सम्मानित किया जाता है। संस्था आपको शुभकामनायें प्रदान कर सफल, समृद्ध एवं उज्ज्वल भविष्य की कामना करती है।

डा० शक्ति कुमार पाण्डेय
संयोजक
राष्ट्रीय सद्भावना समिति
9415266414

प्रायोजक :
राष्ट्रीय मानवाधिकार सुरक्षा परिषद

सुबोध श्रीवास्तव
राष्ट्रीय अध्यक्ष
राष्ट्रीय मानवाधिकार सुरक्षा परिषद
9651424767



samriddhi pandey

2 reviews

★★★★★ 3 months ago

Event organised by the golden future was very nice and the informations which were told to us in the mental awareness programme was very good. We were very much honoured to meet so many dignitaries. And their experiences and thoughts were commendable.



Arvind Kumar

3 reviews

★★★★★ 6 months ago

Fully satisfied with Shobhit sir's counselling sessions. The way he listens, advices and guides are all that a student needs for a better future. His polite way of explaining everything and motivating really inspires me to do more. Highly recommended for everyone who wants a successful life ahead.



Golden Future Career Counselling has helped me in a big way. It helped me realise my potential and how to use it in my future endeavours. A very comprehensive counselling session was provided to me. Highly recommended for all!

★★★★★

Amogh Narain Agarwal



Thank you so much Mr Shobhit for your kind words. It was an excellent session conducted by you on integrative constructivism in teaching and learning processes. A paradigm shift of instructional teaching to interactive and creative learning.

★★★★★

Army Public School, Principal, Lucknow



Saloni Agarwal

2 reviews

★★★★★ 6 months ago

I would highly recommend Shobhit Sir as a counselor and emotional wellness coach. From the moment I started my sessions with him, he displayed a remarkable understanding of my concerns and mental state. He possesses excellent listening ... [More](#)



Saloni Agarwal

2 reviews

★★★★★ 6 months ago

I would highly recommend Shobhit Sir as a counselor and emotional wellness coach. From the moment I started my sessions with him, he displayed a remarkable understanding of my concerns and mental state. He possesses excellent listening skills and creates a safe space where I feel comfortable opening up without any fear of judgment. He goes above and beyond to delve into the depths of my thoughts and emotions, allowing for a thorough exploration of my inner world. His patience and genuine care shine through in every session, making me feel heard, valued, and supported.



If you are finding difficulties in getting your dream career, Golden Future is the best career counselling center.

★★★★★

Sanchi Gupta



Jasmine Rawat

3 reviews

★★★★★ 3 months ago

I worked with Golden Future as a volunteer for their last event at Ram Krishna Math. It was a great experience for me to work under Golden Future and be a part of such a wonderful team. The whole experience of being there and organizing the ... [More](#)



Career Counselling Services at Golden Future have given mere direction in life, all my doubts have been clarified and I am sure that other will also similar benefits. Thank You for the quality time and guidance. I would highly recommend others to take the Career Counselling from Golden Future from Shobhit Sir.

★★★★★

Swapnil Srivastava



Career counselling was very beneficial for me about my career. It helped me a lot to choose my career path and i recommend others to also visit this institute for best career counselling.

★★★★★

Ankur Dev



It was please having you for the career counselling session. We were very impressed by the approach adopted by you. It has been very helpful for children to identify their strength and career learning. Interactive, Child-cantered and activity based learning has been of great help and hopes that students would be able to select the best courses based on their aptitude. Overall the session was comprehensive, useful and appropriate.

★★★★★

Tanzeel Khan



It was very helpful, as it gave me clarity on the career i want to pursue later in life. Sir is extremely sweet and supportive and gave me enough time to think. I highly recommend golden future to anyone who needs career counselling.

★★★★★

Priyansh Shukla

