



लखनऊ विश्वविद्यालय
University of Lucknow



Counselling and Guidance Cell

Is Organising a Workshop on

HOLISTIC DEVELOPMENT OF STUDENTS

For The Residents of Nivedita Girls Hostel

On Wednesday , 8th February 2023

From 3 pm onwards



Patron

Prof. ALOK KUMAR RAI
Hon'ble Vice Chancellor Of
UNIVERSITY OF LUCKNOW

Co-Patron

Prof. Poonam Tandon
Dean Student Welfare
University of Lucknow

Panelist

Prof. Madhurima Pradhan
Director
Counselling and Guidance Cell,
University of Lucknow

Dr. Megha Singh
Coordinator
Counselling and guidance cell
University of Lucknow

External Expert
Ms Sushma Kumar
Freelance Artist

Dr. Vaishali Saxena
Deputy Director
Counselling and Guidance Cell
University of Lucknow

Event coordinators

Dr. Amita Kanaujia
Provost ,
Nivedita Girls Hostel
University of Lucknow

Dr. Mohini Gautam
Assistant Provost ,
Nivedita Girls hostel
University of Lucknow

Student Coordinator
Aastha Mishra

Report

At University of Lucknow, Old Campus Nivedita Girls Hostel, a one day workshop on “Holistic Development of Students” was organized by Counselling and Guidance Cell of University of Lucknow on 8th February 2023. The Panelist for the event were Prof. Madhurima Pradhan (Director-counselling and Guidance cell), Dr. Megha Singh (Coordinator Counselling and Guidance Cell), Ms. Sushma Kumar (Freelance Artist). Prof. Madhurima Pradhan told students about objectives of Counselling and Guidance Cell, University of Lucknow. New Education Policy emphasizes that education should be aimed at promoting not only their academic but also their social and emotional skills to become successful in life. She specifically provided tips for managing distress and anxiety and developing the wise mind and formula to become happy and satisfied. There were discussion on performance anxiety, social anxiety, self-identification, its long term and short term impact and how to overcome examination performance. Ms. Sushma Kumar guided about expressing our feelings through interest and improving our mental health. She also talked about her personal experiences regarding women empowerment. Dr. Megha Singh discussed time quadrant, efficient time management and being realistic about life goals . Event was coordinated by Prof. Amita Kanaujia (Provost, Nivedita Girls Hostel) and Dr. Mohini Gautam (Assistant provost, Nivedita Girls Hostel).19 students were attended the workshop and they anonymously asked many questions related to how to control stress, fear of failure, over thinking, anxiety and depression and how to achieve higher goals in life, develop skills of communication in public, become positive, to avoid distractions in life. Queries were addressed and many solutions were suggested by the esteemed panelist to the satisfaction of young girls and all the students had a very interactive session.

Some feedbacks of students are:

- Felt a positive good vibes. It was very helpful for me
- A very transparent & self-motivating session.
- Great! Cleared out so many quires.
- Helpful in solving many problems.
- It was good and I got my answer which is helpful to me.
- Very insightful.
- Have great learning experience.



