



COUNSELLING & GUIDANCE CELL UNIVERSITY OF LUCKNOW

DATE- 07 Feb, 2023

TIME- 2.00-4.00 PM

Contact Mr. Deepak Yadav

Mr. Abhishek Singh

(Student Coordinator)

Is organizing a workshop on
HOLISTIC DEVELOPMENT OF STUDENTS

For the residents of

Balrampur Hall Boys

Our Guest

Dr. Sindhuja Mishra
Educationist & Trainer

Panelists

Prof. Madhurima Pradhan

Director,

Counselling & Guidance Cell

University of Lucknow

Dr. Vaishali Saxena

Deputy Director,

Counselling & Guidance Cell

University of Lucknow

Prof. Ashok Kaithal

Coordinator

Counselling & Guidance Cell

University of Lucknow

Patron

Prof. Alok Kumar Rai

Hon'ble Vice-Chancellor

University of Lucknow

Co -Patron

Prof. Poonam Tandon

Dean Student Welfare

University of Lucknow



Event Coordinators

Chief Provost

Prof. Anoop Kumar Singh

University of Lucknow

Dr. Ajai Prakash

Provost

Balrampur Hall boys

University of Lucknow

Workshop on Holistic Development of Students at Balrampur Boys Hall

Report

At University of Lucknow, Old Campus in Balrampur Boys Hall, a one day workshop on “Holistic Development of Students” was organized by Counselling and Guidance Cell of University of Lucknow on 7th February 2023. The Panelist for the event were Prof. Madhurima Pradhan (Director - Counselling and Guidance Cell), Dr. Vaishali Saxena (Deputy Director - Counselling and Guidance Cell), Dr. Sindhuja Mishra (Guest Speaker - Educationist and Trainer), and Prof. Ashok Kaithal (Coordinator - Counselling and Guidance Cell). Prof. Madhurima Pradhan told students about the objectives of Counselling and Guidance Cell and Happy Thinking Laboratory for enhancing positive mental health. New Education Policy emphasizes overall development of students by improving academic as well as social and emotional skills of students. She added that due to the influence of Western culture, people try to gain power by accumulating materialistic things to be happy. But the pleasure soon vanishes. The external expert Dr. Sindhuja Mishra, Educationist and Trainer provided tips to the students for identifying their strong areas of personality and the areas for improvement. The main objective of this workshop was to make students self aware and try to plan their activities so that they can increase their efficiency. The magic mantras of success were explained by Dr. Vaishali Saxena. She also explained the technique of time management for success in life. Prof. Ashok Kaithal added that these events will help out students to overcome mental stress, anxiety and other related issues may be personal or family matter. By overcoming these issues, their performance will be enhanced in the field of learning as there will be improvement in a natural course for the attainment of future goals. Dr. Ajai Prakash (Provost- Balrampur Boys Hall) organized and coordinated the event successfully. Student co-coordinators also participated in organizing this event in a systematic way. 15 research scholars were present and they asked many questions like how to motivate self everyday how to handle financial and health issues of failure, how to deal with fear of unemployment, face fear, fear of self expression in crowd, fear of losing a closed person , stage fear, how to change bad habits, how to deal procrastination, effect of physical health on mental status. They also asked many questions anonymously related to over thinking, depression, fear of failure and how to increase positivity in life. Queries were

answered by the esteemed panelist to the satisfaction of young boys and all the students had a very interactive as well as fruitful session.

Some feedbacks of students are:

- Impressive, good, excellent.
- Wonderful session.
- Satisfactory, excellent
- Very good session
- Excellent, beneficially





