



# COUNSELLING & GUIDANCE CELL UNIVERSITY OF LUCKNOW

**DATE-03 Feb, 2023**

**TIME- 2.00-4.00 PM**

**CONTACT- Richa (Student  
Coordinator)**

Is organizing a workshop on  
**HOLISTIC DEVELOPMENT OF STUDENTS**

For the residents of  
**Dr. B. R. Ambedkar Hall**

## Our Guest

Satyendra Kumar Singh  
Career Strategist| Trainer|  
Business mentor  
Founder at Career Groomers

## Chief Patron

Prof. Alok Kumar Rai  
Hon'ble Vice-Chancellor  
University of Lucknow

## Co-Patron

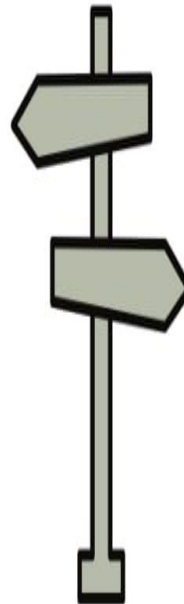
Prof. Poonam Tandon  
Dean Students' Welfare  
University of Lucknow



## Panelists

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

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



## Event Coordinators

Dr. Archana Singh  
Provost  
Dr B. R. Ambedkar Hall,  
University of Lucknow

Dr. Kaumudi Singh  
Asst. Provost  
Dr B. R. Ambedkar Hall,  
University of Lucknow

## Report

At University of Lucknow, Second Campus in Dr. B. R. Ambedkar Hall, a one-day workshop on topic of “Holistic Development of Students” was organized by Counselling and Guidance Cell of University of Lucknow on 3<sup>rd</sup> Feb 2023. Respected Panelists for the event were Prof. Madhurima Pradhan (Director-counselling and Guidance Cell), Dr. Vaishali Saxena (Deputy Director – Counselling and Guidance Cell) and Mr. Satyendra Kumar Singh (Career Strategist & Mentor). Prof. M. Pradhan told the objectives of Counselling and Guidance Cell of University of Lucknow to students. According to the New Education Policy, students' social and emotional abilities are just as important to their future success in life as their academic knowledge. The guest, Satyendra Kumar Singh offered guidance on how to know yourself and strengths of your personality. Many questions were answered by Prof. M. Pradhan about anger and stress management, problems of lack of concentration, over thinking, anxiety and depression. Anonymously questions were submitted by students about their career choices, stage fear, relationship issues and others. They also wanted to know how they can balance between career and family and how they can identify a good friend. Magic mantras of success were explained by Dr. Vaishali Saxena Techniques to control mind were explained by Prof. M. Pradhan. Event was coordinated by Dr. Archana Singh (Provost –Dr. B. R. Ambedkar Hall) and Dr. Kaumudi Singh (Asst. Provost-Dr. B. R. Ambedkar Hall). Students' concerns were addressed, and the distinguished panelists offered numerous answers, all of which were well received by the pupils.

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 for me.
- Very insightful.
- Have great learning experience.





