



अभ्युत्थानम्

COUNSELLING AND GUIDANCE CELL

in collaboration

with

SANSKRITIKI

offers

TIPS ON CRISP



C: Confidence Building



R: Resume Making



I: Interview Skills



S: Stress Management



P: Personality Development



1:30 PM



14- January-2023



Malviya Sabhagar, University of Lucknow



UNIVERSITY OF LUCKNOW

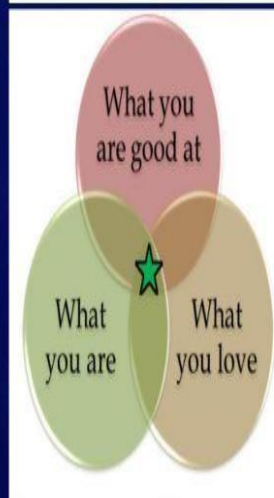
COUNSELLING AND GUIDANCE CELL



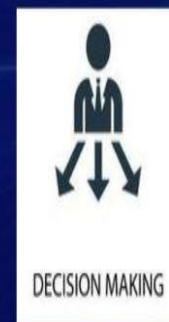
IS ORGANISING

"CAREER COUNSELLING"

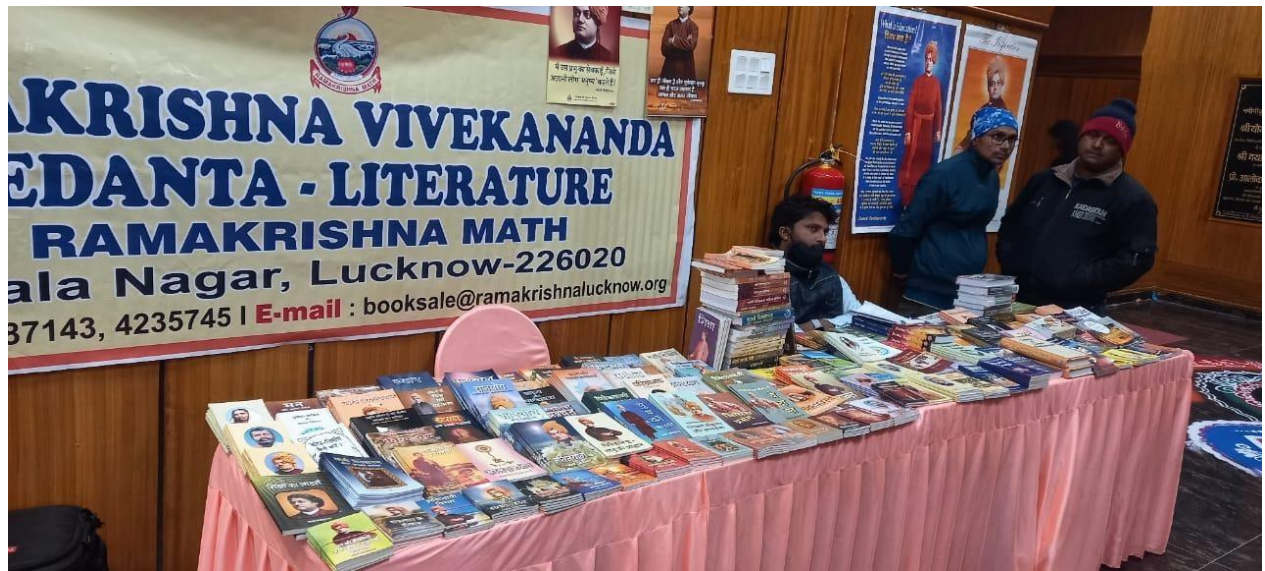
EXPLORE YOUR INTERESTS, SKILLS, AND VALUES



CDMI



PROF. MADHURIMA PRADHAN
DIRECTOR,
COUNSELLING AND GUIDANCE CELL







CGC stalls at Abhyutthanam Report

On 14th January, 2023, Counselling and Guidance cell(CGC) in collaboration with Sanskriti set stalls to show case its multifarious functionalities and dimensions at a glimpse at Malviya Sabhagar, University of Lucknow.

CGC display stall consisted of 5 sections:

1. Student's Guidance Desk involved Live Tips on CRISP "C (Confidence Building), R (Resume Making), I (Interview Skills), S (Stress Management), P (Personality Development)" and on the spot guidance to the students was given by our career expert, Col. Sanjay Tripathi. More than 45 students from various streams had taken benefit of on the spot guidance.
2. There was also display of two important career tools- MCMF and CDMI, recently inducted by the CGC. My Choice My Future (MCMF) is a scientific, online career guidance solution to help individuals identify the right career path in the Indian context, by assessing their personality in relation to career interests and choices. Later some students opted for counseling session. The CDMI measures the individual along eight dimensions: Decidedness, Comfort, Career Choice Anxiety, External Barrier, and Need for Career Information, Readiness, Career Salience, and Inconsistent Information. The scale has been validated through a scientific method in order to ensure its reliability and validity. Volunteers of Counselling & Guidance Cell were Ms Mansi Gupta, Mr. Tushar Kumar. Student coordinator Sukhansh Arora, Technical coordinator Avinash Kumar, Stage management Faisal Ansari, Aisha Zaheer, Program coordinator Utkarsh Mishra.
3. Happy Thinking Laboratory stall consisted of Bookmarks with positive messages; pocket Bhagwad Gita, key chains with QR code for soothing music, Positive thought cards, and Mental Health first aid kit. Mindfulness Games included activities to help students to be in the present moment and channelize proper catharsis of emotions through art forms. The games included were One-Minute Prediction, Three Minute thought recording, Paint the emotion, Busting the balloon, and hold the ice. Many students as well as teachers participated and enjoyed the activities. They were feeling more relaxed, calm and light. Participants also received gifts and sweets on their successful participation.

In addition information was given about the instruments available at Happy Thinking Laboratory for good mental health. Volunteers from Happy Thinking Laboratory put posters of various research apparatus (like Reha-Com, Triple Physiological Sensor, Biofeedback, Biowell GDV Camera), kept in the laboratory. The volunteer team comprised of Jyoti Shukla, Madiha Fatima, Shakchham Shukla, Niharika Shukla, Nisha Singh, Prashant Sonkar, Shivani Verma, Varun Yadav, Vivek Kumar, Swapnil Sinha, Kumari Siddhi, Swati, Ramya Srivastava, Laraib Hasan. Vice Chancellor sir visited the

stalls and enquired things on display.

4. Another stall set by Ramkrishna Math displayed books by Swami Vivekananda on Mind management, Goal setting, Power of thoughts etc. Students and teachers visited these stalls and purchased few books.
5. AWOKE India Foundation also displayed a stall to familiarize the visitors about financial literacy and employability skills.

PGDPA Semester - I

14 January
C R I S P

- 1 Lalit Yadav
- 2 Parvita
- 3 Ashutosh Kumar
- 4 Sonali Sinha
- 5 Priya Gautam

M.A. Public Administration - Ist Semester

1. Surabhi devi Surabhi
2. Kritika Pushkar Kritika
3. Shikhar Mishra Shikhar
4. Abhai Kumar Singh Abhai
5. Vivek Pandey Vivek
- 6) Anurag Shrivastava Anurag
 - (1) Anand Yadav Anand
 - (2) Vadanya Srivastava Vadanya
 - (3) Ayush Chauran Ayush
 - (10) Abhishek Saini Abhishek
 - (11) Saurav Pandey Saurav
 - (12) Jyoti Pat Kumari Jyoti
 - (13) Surabhi Mishra Surabhi
 - (14) Sunil Pandey Sunil
 - (15) ~~Saurav~~ Saurav Saini Saurav
 - (16) Himanshi Himanshi Himanshi
 - (17) Anni Chaudhary Anni
 - (18) Bishakh Bakh Bishakh
19. Anny Singh Anny
20. Kirti Singh Kirti
21. Nishant Kumar Gautam Nishant
22. Anurag Shrivastava Anurag

- 23) Uttara Singh Raghuvanshi Uttara
- 24) Kritika Yadav Kritika
- 25) Abhishek Kumar Abhishek
- 26) Harsh Vardham Singh Harsh
- 27) Aishwarya Dubey Aishwarya
- 28) Pratik Bajpai Pratik
- 29) K. Shakti Pandey K. Shakti
- 28) Mandvi Mishra Mandvi
- 29) Khushi Manu Khushi
- 30) Shashank Sherkar Shashank