



SECOND FOUNDATION DAY CELEBRATION

OF

COUNSELLING AND GUIDANCE CELL
UNIVERSITY OF LUCKNOW

In association with

MAHATAMA GANDI ANTARRASTRYA ROJGAR ADHAYAN PEETH
(MGARAP) UNIVERSITY OF LUCKNOW



Patron

Prof. Alok Kumar Rai, Vice Chancellor
University of Lucknow

Date: Friday, January 13, 2023, Time : 11:00am Onwards, Venue : DPA Hall

Theme : **Know Yourself "Who am I"**

Competitions - 1. on Spot Poster Making 3. Speech Competition
2. on Spot Creative Writing

Organizing Committee Members-

Dr. Megha Singh

Co ordinator

Counselling and Guidance cell

Dr. Vaishali Saxena

Deputy Director

Counselling and Guidance cell

Dr. Madhurima Pradhan

Director

Counselling and Guidance cell

Second foundation day celebration

Report

Second foundation day celebration of Counselling and Guidance cell, University of Lucknow was organized in association with Mahatma Gandhi Antarrashtriya Rojgar Adhyayan Peeth (MGARAP) on 13th January, 2023. The theme of second foundation day celebration was “Know yourself -Who am I”.

Various programs were held on January 13, 2023 at DPA Hall, University of Lucknow, such as on the spot poster making, creative writing and speech competition. The topic of creative writing was “Self- respect” while that of poster making was “Self- reliance” and the topic of on the spot speech competition was Importance of time, Importance of technology and youth, educated and literate, youth in bringing change, role of mental health, importance of forgiveness, learning from failure, china things or not, self – confidence, time management, unemployment in India, role of social media in relationship, Is there value in doing homework?, climate justice, social responsibility etc.

The theme of second foundation day celebration focuses on providing an opportunity to the students to reflect upon their creative potential abilities and actualize their strengths so that they can understand their strengths and perform in excellent ways in their future lives.

Program was inaugurated by Dean Students Welfare Prof. Poonam Tandon. Prof. Madhurima Pradhan, Director, Counselling and Guidance cell welcomed the guest and judges of the program. It was executed by Dr. Vaishali Saxena, Deputy Director, Counselling and Guidance cell and Dr. Megha Singh, Coordinator, Counselling and Guidance cell. The judges for the event were Dr. Kiran Lata Dangwal, Dr. Shraddha Chandra, Dr. Anupama Srivastava and Dr. Amrita Srivastava. The winners of competitions were given certificates and the certificates of participation were also provided. The winners name of creative writing is Shirein Naaz BA I – Ist Position, Rudranshi Singh BA III - IInd Position, Akansha Pandey BA II- IIIrd Position. The winners name of speech competition is Falak Sahi– Ist Position, Jhanvi Verma- Bsc III- IInd Position, Namish Patel- BA II- IIIrd Position. The winners name of poster competition is Vinay Singh- MVA (Masters in visual arts) I– Ist Position, Anvesha Singh- BA III- IInd Position, Aditi Singh BA II- IIIrd Position.







