



लखनऊ विश्वविद्यालय
University of Lucknow
(Accredited A++ by NAAC)



**COUNSELLING AND GUIDANCE CELL
UNIVERSITY OF LUCKNOW**
IN
COLLABORATION
WITH
**DEPARTMENT OF PUBLIC ADMINISTRATION
UNIVERSITY OF LUCKNOW**

ORGANISES

COUNSELLING WEEK

"KNOW YOURSELF"



24-30 September 2022



12:00-3:00 PM



Happy Thinking Lab, University of Lucknow

Patron

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

Prof. Manoj Dixit

Head
Department of
Public Administration, UoL

Prof. Madhurima Pradhan

Director
Counselling and Guidance
Cell, UoL

Dr. Vaishali Saxena

Deputy Director
Counselling and Guidance
Cell, UoL

Visit Of Students From Department Of Public Administration

Report

Counselling and Guidance Cell University of Lucknow in collaboration with Department of Public Administration, University of Lucknow organized counselling week “Know Yourself” from 24-30 September 2022, at Happy Thinking Laboratory University of Lucknow. Professor Madhurima Pradhan, Director, Counselling and Guidance Cell, welcomed the students and Dr. Vaishali Saxena, Deputy Director, Counseling and Guidance Cell, University of Lucknow explained the student about self awareness and its importance in our lives.

The visit started by explanation of posters by Prof. Madhurima Pradhan. Preceding the visit further the students visited the Research Room which includes machines like Biofeedback, Bio-well and Karada Scan for the purpose of research and welfare of students and others.

Then they visited the spiritual library which consisted of all the books to enhance positive living and well being. They also did a small activity named the Tree Activity where they plucked out the leaves which represented negative qualities and were yellow in color and replaced it with green leaves which comprised of positive qualities. The students then proceeded towards the Silence Room where they did guided meditation and mindfulness and came out of it feeling calm, happy and rejuvenated.

After that the student were invited to the research room one by one to administer the Biowell scan. Total 55 students tested themselves on the Biowell machine. Later some students opted for one to one counseling session. Prof. Madhurima Pradhan and Dr. Vaishali Saxena and Dr. Megha Singh took counseling sessions with students. Total 12 students were counseled during this session.



