

**REPORT ON**  
***'MANAGING MENTAL HEALTH'***  
***an Online Programme on***  
**'MANAGEMENT OF ANXIETY, UNCERTAINTY AND FEAR IN STUDENTS'**  
**On 17<sup>th</sup> of June, 2021 at 4:00 pm**

**Organized by :** Department of Business Administration in collaboration with Counselling and Guidance Cell, University of Lucknow

**Experts:**

Prof. Madhurima Pradhan (Director, Counseling and Guidance Cell, University of Lucknow)  
Dr. Lalit Kumar Singh (Deputy Director, Counseling and Guidance Cell, University of Lucknow)

An online programme on 'Managing Mental Health' was organised by the Department of Business Administration in collaboration with the Counselling and Guidance Cell of University of Lucknow on the 17<sup>th</sup> of June, 2021 at 4:00 pm via Zoom Meeting. It focused on the subject of **'Management of Anxiety, Uncertainty and Fear in Students'**.

The programme started with the welcome address by Dr. Anu Kohli (coordinator of the event) who introduced the topic and its relevance in today's time. Thereby she introduced the experts, Prof. Madhurima Pradhan (Director, Counseling and Guidance Cell, University of Lucknow) and Dr. Lalit Kumar Singh (Deputy Director, Counseling and Guidance Cell, University of Lucknow) and gave them a very warm welcome. The event was attended by all faculty members of the department along with 80 MBA and PhD students.

Prof. Madhurima Pradhan briefed everyone with the objectives and need for CGC Cell. She elaborated about mental health issues in a student's life and on specific pointers which might help them to cope up with anxiety, uncertainty and fear. She emphasised on Science of Management, Inner Management, Self control and Self Management. She focused on spiritual nature, upstaying in the same time zone and practicing breathing exercises to calm one's mind and staying away from negativity. Thereby, Dr. Lalit Kumar Singh familiarized the students with various natures of anxiety :cognitive, behavioural and emotional along with the symptoms of each. According to him the basic reason for anxiety is uncertainty.

The session ended with the vote of thanks from the Head of Department, Professor Sanjay Medhavi who shared his insights gained from the event. Dr. Anu Kohli also thanked the student management team for their behind the scene efforts.

Students appreciated the much needed programme especially during these unprecedented tough times of COVID where people are not only struggling financially but mentally & emotionally. This programme for sure would be helpful for each and everybody who is trying hard to maintain a work life balance in this pandemic situation.

Student Coordinators: Swarnima Dwivedi, Priyotosh Chakravorty and Anshika Saxena

Key Photographs:

  

## MANAGING MENTAL HEALTH

An Online Programme Organised by  
Department of Business Administration  
In Association with  
Counselling and Guidance Cell  
University of Lucknow  
on  
**MANAGEMENT OF ANXIETY, UNCERTAINTY AND FEAR  
IN STUDENTS**

**DATE-** 17TH JUNE, 2021 **TIME-** 4:00-5:00 PM

### EXPERTS

**PROF. MADHURIMA PRADHAN**  
Professor, Department of Psychology  
University of Lucknow

**DR. LALIT KUMAR SINGH**  
Assistant Professor, Department of Psychology  
University of Lucknow

REGISTRATION LINK :- <https://forms.gle/EtdDti8hW8e3q47B7>

**ZOOM Meeting ID:** 825 0488 1072 **Passcode:** 621492

**ZOOM MEETING LINK :-** <https://us02web.zoom.us/j/82504881072?pwd=WkN3WWZ0RklSV2NOcTNscEpzUXJ6UT09>

### ORGANIZING TEAM

<b>DR. ANU KOHLI</b> Coordinator Department of Business Administration University of Lucknow 9839279002	<b>PROF. SANJAY MEDHAVI</b> Head Department of Business Administration University of Lucknow	<b>PROF. MADHURIMA PRADHAN</b> Director Counselling and Guidance Cell University of Lucknow
<b>SWARNIMA DWIVEDI</b> Student Coordinator Department of Business Administration University of Lucknow 8175900256	<b>ANSHIKA SAXENA</b> Student Volunteer Department of Business Administration University of Lucknow 7408407055	

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 Professor, Department of Psychology  
 University of Lucknow  
**DR. LALIT KUMAR SINGH**  
 Assistant Professor, Department of Psychology  
 University of Lucknow

**ORGANIZING TEAM**  
**DR. ANU KOTHLI**  
 Coordinator, Department of Business Administration  
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**PROF. SANJAY MEDHAVI**  
 Head,  
 Department of Business Administration, University of Lucknow  
**PROF. MADHURIMA PRADHAN**  
 Director,  
 Counselling and Guidance Cell  
 University of Lucknow

**Zoom Meeting ID: 825 5486 8072 Password: 621482**  
**Zoom Meeting URL: <https://www.zoom.us/j/82554868072>**



Inner Management - PowerPoint

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## Management of Anxiety

- ▶ Stay in your present time zone.
- ▶ Relabel what is happening.
- ▶ Check your thoughts.
- ▶ Breathe in and out.
- ▶ Follow 3-3-3 rule.
- ▶ Do something interesting.
- ▶ Stand up straight.
- ▶ Drink plenty of water.
- ▶ Ask for a second opinion.
- ▶ Seek humour.

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