



लखनऊ विश्वविद्यालय  
University of Lucknow

**Welcome to VENTOUT- A SPACE TO  
BE YOU!**

**Organized by The Department of  
Political Science and The Counselling  
and Guidance Cell, University of  
Lucknow.**

## Our Expert:



**Prof. Mukul Bhalla,  
Professor of Psychology, American Intercontinental  
University, Arizona, U.S.A.**

### QUESTIONS

**When all this will be fine and how to stay motivated and calm in this pandemic situation? Mohd. BAQIR**

**When is this going to end? How to stay calm and motivated in times of crisis? How to manage studies and a positive surrounding simultaneously? -ANJALI SINGH**

**How to decrease overthinking ? (COMMON QUESTION)**

**How to get rid of depression and anxiety ?- RAUNAK**

**How to be in control of your emotions if you tend to breakdown easily.  
How to learn to acknowledge? Aparna Jain**

**How can we condition our minds to break the grooves created by bad habits like procrastination etc?  
How can we break the cycle of repetitive, undesirable actions done under the impulse of habit?  
ANAND MISHRA**

**Why it is that my family members and friends always complain about me being sad?  
I think I have done something wrong with everyone, so what's the point in living.  
Well there are a lot of questions .**

क्या हम भारतीयों को एक समान रूप से एक समान नियमों के अन्तर्गत शासित नहीं किया जा सकता है? समानता लाने के लिए शुरूआत तो करनी ही होगी ।। असमानता समानता को कभी पनपने नहीं देंगी ।- SATYA PRAKASH DUBEY

India is a populated and under developing country . Development in technologies or in any other stream benefits the rich class most who have access to use and some where I feel the life of lower class people gets degraded who do not know how to access or use that developed technologies .

- a) How can we say that we are developing where a section of peoples life getting worst .
- b) Meaning of development is only related to access physical resources means the individual having more resources is more developed?

Que. Newton said I can predict the theories of motion but not the stupidity of man .in this context whatever international scenario is making up in this Corona time that China is responsible for this why no body says that individual I mean that doctor / scientist or head of the nation xi jinning or that individual is responsible who presents this idea .

- b) Importance of individual life from spiritual angle .

How can be reduce mental stress if we prepare for any exam during college??

Why

How to stay disciplined in life as I know my problem is with discipline but still, I am unable to anything about it? Ashok

How I can manage my stress?? How should I tackle with problem??- POOJA VERMA

Who am I?

My question is related to moral mentoring...to whom a person should give priority b/w his career and his responsibility in a hard struggle time of life??? Or How should anyone be mentally fit in these tough time if he is alone as working man in his family....??

Tools to cater self doubts. -NISCHAL SINGH

1. Why parents/relatives always want their child to be a doctor/ engineer or an IAS etc...and every brilliant student want to be an IAS ... isn't that a applied thought ...why our society not encourage students to be an artist like ...a poet/painter/singer ? I think one should not categories these specific activities as hobbies .

Ultimately we celebrates Rabindranath Tagore not his brother Satyendranath Tagore ( the first ever Indian ICS ).

2. Why is love so complicated ? ( very much childish ...)

3. Why sex is taboo ? Why we can't discuss about sex as a normal thing ?

4. Why issues related to mental health are taboo ? Why people don't understand that brain ( not mind ) is a part of body and like any other organ it can be injured and need to be healed but when it comes

to treatment of brain ...it's like one is doing some kind of crime ( cause he doesn't want that no one could know , cause society sees it as something else instead of treatment ) ? Even educated ones !