



# **COUNSELLING & GUIDANCE CELL PROGRAM REPORT**

*Submitted by-*

**DEPARTMENT OF APPLIED SCIENCE & HUMANITIES**

*Along With*

**DEPARTMENT OF MECHANICAL ENGINEERING**

**FoET**

**UNIVERSITY OF LUCKNOW**

## A TWO-DAY CONSELLING & GUIDANCE PROGRAM

In Collaboration with Counselling & Guidance Cell

❖ **Name of the host department:** Department of Applied Science & Humanities  
And Department of Mechanical Engineering, Faculty of Engineering &  
Technology, University of Lucknow

❖ **Date:** 13<sup>th</sup> July & 14<sup>th</sup> July, 2021

Brief of the Sessions is as follows-

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*Day—1: 13 July 2021*

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Topic: “*Life Skills and Career Growth*”

**Speakers:**

1. Ms. Kaumudi Singh, Assistant Professor, Department of Applied Science and Humanities, Faculty of Engineering and Technology, University of Lucknow
2. Mr. Nicholas Cumerlato (CFA), Vice-President, Blackrock, London, United Kingdom
3. Dr. Smita Srivastava, Assistant Professor, ASCENT, Amity University, Lucknow

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*Day—2: 14 July 2021*

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Topic: “*Developing Resilient Future Employees*”

**Speakers:**

1. Dr. Savya Sachi, Assistant Professor, Department of Applied Science and Humanities, Faculty of Engineering and Technology, University of Lucknow
2. Mr. Rohit Gupta, Head—Strategic Alliance (Pan India), Global Assure Pvt. Ltd., Gurugram, Haryana
3. Mr. Praveen Yadav, Vice-President, Blackrock, Gurugram, Haryana

❖ **No. of Participants:** 150+ (Zoom Platform & YouTube Live Session)

## ❖ MAJOR TAKEAWAYS:

- Students learned about the possibilities in Corporate sector.
- Students were motivated by the real stories of professional struggle and upliftment.
- Students were aware of life skills and methods to polish their own life skills.
- Students learned a professional resume making model.
- Students got to hear from top industry personnel about the criteria of selection in interview sessions.

## ❖ FEEDBACK FROM THE STUDENTS:

- Six online sessions on Career Development, Life skills and Resilient Future employees helped the students to know about other avenues of improvement.
- Participants found the Webinars thought-provoking and captivating.
- Participants were understanding the talk and geared up the session by an active Q/A session.
- Students showed positive response by requesting more such online sessions via feedback form.

Annexure Attached-  
01: Event Schedule  
02: Screenshots of the Online event

### Annexure 01:

**University of Lucknow**  
A Two Day Online Career Counselling Program  
Organized by  
Deptt. of Applied Science & Humanities  
&  
Deptt. of Mechanical Engineering  
Faculty of Engineering and Technology, University of Lucknow  
In Association with  
**Counselling and Guidance Cell, University of Lucknow**  
Join us in a Live Session with experts from Industry & Academia

**Date: 13th July, 2021** **Time: 2:30 - 4:00 PM**

**Day 1- Topic: 'Life Skills and Career Growth'**  
Our Resources

1. Mr. Nicholas Cumerlato (CFA) V. P. - Blackrock, London.
2. Dr. Smita Srivastava, Assistant Professor, ASCENT, Amity University, Lucknow.
3. Ms. Kaumudi Singh, Assistant Professor, Deptt. of Applied Science and Humanities, FoET, University of Lucknow

Zoom Link : <https://us02web.zoom.us/j/61166359715>

**Date: 14th July, 2021** **Time: 2:30 - 4:00 PM**

**Day 2- Topic: 'Developing Resilient Future Employees'**  
Our Resources

1. Mr. Rohit Gupta, Head - Strategic Alliance (Pan India), Global Assure
2. Mr. Praveen Yadav V. P. - Blackrock, Guregram.
3. Dr. Sayya Sachhi, Assistant Professor, Deptt. of Applied Science and Humanities, FoET, University of Lucknow

Zoom Link : <https://us02web.zoom.us/j/6217942612>

**University of Lucknow**  
A Two Day Online Career Counselling Program  
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**Chief Patron**  
**Prof. Alok Kumar Rai, Hon'ble Vice Chancellor,**  
**University of Lucknow**

**Patrons**  
**Prof. H. S. Gupta, Professor-Incharge,** **Prof. Madhulima Pradhan, Director,**  
**Faculty of Engineering and Technology,** **Counselling and Guidance Cell**  
**University of Lucknow** **University of Lucknow**

**Organizing Team**

Dr. Anupam K. Tripathi (M. 9436038436) Co-ordinator, Counselling and Guidance Cell Incharge Deptt. of Applied Science and Humanities & All Faculty Members of the Department	Dr. Kamlesh Tiwari (M. 9221040117) Incharge, Deptt. of Mechanical Engineering & All Faculty Members of the Department
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Student Co-ordinator :  
Ms Mandvi Pali, B.Tech (CSE)  
Ms Shivangi Singh Chaudhary, B.Tech (CE)  
Mr. Chiranjeev Veer Srivastava, B.Tech (ECE) (M. 9006076164)  
Ms. Leela Mishra (ME)  
Ms. Priyanshi Rai (CBE)  
Ms. Nancy Singh (CBE)

Annexure 02:



The image shows a Zoom meeting interface with a slide displayed. The slide is titled "10 skills that are hard to learn but pay off forever" and lists the following skills:

- Time management
- Empathy
- Mastering your sleep
- Positive self-talk
- Consistency
- Asking for help
- Knowing when to stop talking
- Listening
- Minding your business
- Mastering your thoughts

Source: Quora

The Zoom interface includes a top bar with the time 3:54, a "Zoom" logo, and a "Leave" button. A "LIVE" indicator is visible. The meeting participants are visible in the top left corner, including Kaumud Singh (FoET, Jod), Dr. Savna Sarhi, and Dr. Anupam Tripathi. The bottom of the screen shows the Zoom control bar with icons for Unmute, Start Video, Share, Participants, and More. A small video thumbnail of a participant is visible in the bottom right corner.