CONTENTS

REPORT OF PROGRAMS

UNIVERSITY OF LUCKNOW

COUNSELLING AND GUIDANCE CELL

(2023-24)

S. N.	DATE/TIME	NAME OF EVENT	VENUE	RESOURCE PERSON/Associates	View /Download
	25/07/2023	Psychological Well- Being Of International Students	Happy Thinking Lab	Prof. R. P. Singh	
		MARTIN THORNES LABORATORY MARTIN THORNES PATRON PATRON POPULATOR LABORATORY POPULATOR LABORATORY MARTIN THORNES MART			View/Download
	31/07/2023	Climate Imbalance and Sustainable living Council and	DPA Hall , Department of Public Administration	Dr. Anita Bhatnagar Jain	View/Download

5/08/2023	Nurture Your Inner Child University of Lucknow examples for and Guidance Cell in Association with Happy Thinking Laboratory Nurture Your Inner Child Patton for Comment or Profiled Association Consistent Cons	Happy Thinking Lab	Dr. Vandita	View/Download
5/08/2023	Jaisakhaye Ann, Vaisaho Mann University of Lucknow एउराजाऽऽ विश्वविद्यालय Happy Tbinking Laboratory in Americation with Commelling and Guidance Cell जीसा होयों अग्र वेसा हो मन Per Many France Comment Per Many France Com	Happy Thinking Lab	Dr. Vandita	View/Download
6/08/2023	Special workshop on Systematic Literature Review (SLR) Postatos Reddigical Counselling And Guidance Cell is organising An Online Workshop on Systematic Literature Review ON SUNDAY, 6 AUGUST Timing- 12 Noon to 2:00PM Patron Prof. ALOK KUMAR RAI, Hon'ble Vice Chancellor, University of Lucknow Counselling Annoline Workshop ON SUNDAY, 6 AUGUST Timing- 12 Noon to 2:00PM Patron Prof. ALOK KUMAR RAI, Hon'ble Vice Chancellor, University of Lucknow Counselling Annoline Workshop Director, Coc Kamasaka Moderators. Amit Kumar and Shekhar Upadilyay	Online	Dr.Alok Kumar Gaurav	View/Download
12/08/2023	Anti Ragging Awareness program	Lavanya Hall	Prof. B.D. Singh	View/Download

	LAVANYA HALL Trassogiation with COUNSELING AND GUIDANCE CELL, UNIVERSITY OF LUCKNOW PUTCH ANTI- RAGGING AWARENESS PROGRAM 12 AUG Patron Dr. Alois Kumar Rai Hon the Vice Charcellor Prof. Dr. Alois Kumar Rai Prof. Dr. Alois Kumar Rai Convener. Prof. 8.0. Singh Chief Guest and Speaker Convener. Dr. Kind Saffandara, Proposit Convener. Dr. Kind Saffandara, Proposit Convener. Dr. Kind Saffandara.			
3/09/2023	Career Opportunity in development Sector ONLINE WORSHOP ON CAREER OPPORTUNITIES IN DEVELOPMENT SECTOR ONLY SPANS ANY SPANS September Sepistration link: https://forms.git/surfix/surfix/forms.git/surfix/forms.git/surfix/surfix/forms.git/surfix/surfix/surfix/surfix/surfix/surf	Online	Mr. Saurabh Chauhan	View/Download
8/09/2023	Finance Awareness Program SECTION OF STREET O	Happy Thinking Lab	Prof. Uttam Kumar	View/Download
11/09/2023	Sound Healing and Meditation	Happy Thinking Lab	Abhishek Singh	View/Download

	Angel A Line Comment of the Comment			
23/09/2023	Special Talk on Learner"s Autonomy And Happiness UNIVERSITY OF LUCKNOW (Accredited Are by NAM) HAPPY THINKING LABORATORY IN ASSOCIATION WIth (OLENHARY AND CHIMNES) IN ASSOCIATION WITH (Sorganising) A Talk on-Learner's Autonomy And Happiness 2 led September, 2023 100 pm ONCC Building, Lappy Thinking Laborabery In the University of Lactonom OURST SPEAKER University of Lucknow GUEST SPEAKER CONVERDR Laboratory Laboratory	Happy Thinking Lab	Dr.Laurie A. Baker-Malungu	View/Download
26/09/2023	Sushasan:Ek Samvad assisted to the Market of the Market o	DPA Hall Department of Public Administration	DR Dinesh Sharma	View/Download
9/10/2023 10/10/2023	Experiencing our Inner Energy UNIVERSITY OF LUCKNOW (Accredined at the year) Counselling And Guidance Cell In Association With Happy Thinking Laboratory Is organising Two days sessions on Transformative Meditation— Experiencing our Inner Energy 9 \$10 October 2023 2 00 PM to 245 PM Patron PRES AUX KINNAR RAN Voc Dasceler University of Lucknew Schol Yogs Whithit Gupta "Search (Gupta "Transformative Meditation— Experiencing our Inner Energy Shall Gupta "Transformative Meditation— Experiencing our Inner Energy PATRON PRES AUX KINNAR RAN Voc Dasceler University of Lucknew Machine Gupta "Transformative Meditation— Experiencing our Inner Energy Schol Yogs Whithit Gupta "Transformative Meditation— Experiencing our Inner Energy Whithit Gupta "Transformative Meditation— Experiencing our Inner Energy Reversely the Company of	Happy Thinking Lab	Mr.Nishit Gupta	View/Download

10/10/2023	Mental Health is a universal Human Right Willest State Control of the Control of	Happy Thinking Lab	-	View/Download
17/10/2023	Kar Lo Safita Mutthi me College of Leading College of	Department of English	DainikJagran	View/Download
20/10/2023	Karlo Saflta Muthhi Me Survey of Luckness Department of Luckness Resided Separation of Luckness Resided Separation of Luckness Date: 40 16-292. Date: 40 16-292.	Department Of Phycology	DanikJagran	View/Download

21/10/2023	Competitive competence UNIVERSITY OF LUCKNOW HAPPY THINKING LABORATORY In collaboration with COUNSELING AND GUIDANCE CELL AN INTERCLIVE session on "Competitive Competence" By Mr. Alok Ranjan, LAS Former Chief Secretary, Government of UP Date: 21 October, 2023; Time: 12:30 PM Venue, Happy Thinking Laboratory, ONOC Building, 3rd Floor PATRON Porf. Abs. Kumar Haj Hostbel vice Chancellor, University of Lucknow COVENOR Porf. M. Pytyndarshini, Director HTL: D Had, Dyr. of English to MEL Prof. M. Pytyndarshini, Director HTL: D Had, Dyr. of English to MEL Prof. M. Pytyndarshini, Director HTL: D Had, Dyr. of English to MEL Prof. M. Pytyndarshini, Director HTL: D Had, Dyr. of English to MEL Dr. Valishall Sussens, Director COC	Happy Thinking Lab	Alok Ranjan	View/Download
04/11/2023	Rar lo safalta Mutthi me ***CHARLES Barddonics** Councillation Councilling & Guidance Cell And Department of Social Work In succession with Councilling & Guidance Cell And Department of Social Work In succession with Councilling & Guidance Cell And Department of Social Work In succession with Councilling & Guidance Cell And Repartment of Social Work In succession Councilling & Guidance Cell And Repartment of Social Work In Social Repartment In Social Repartment	Department of Social Work	Dainik Jagran	View/Download
06/11/2023	An outreach visit to bhartiya bhadhir vidyalaya HAPPY THINKING LABORATORY UNIVERSITY OF LUCKNOW IN COLLABORATION WITH COUNSELLING & GUIDANCE CELL ON AN OUT REACH VISIT BHARTIYA BHADHIR VIDYALAYA NEAR AMITY (NEW CAMPUS) TO SPREAD HAPPINESS AMONG YOUNG DEAF STUDENT PROF. ALOK KUMAR RAI HONABLE VICE CHANCELLOR UNIVERSITY OF LUCKNOW TIME-11:00 AM DATE-06.11.2023 Parallel market and selected parallel in the control of the c	Bhartiya badhir vidyalaya	Ms Geetanjali Nair	View/Download

09/11/2023	Work opportunities in social/development sector Washes Reflection Linearity of Lakaow (Acrolina A++ by NACO) Department of Public Administration In association with Counselling & Guidance Cell and Happy Thinking Laboratory Is organising a session on Work Opportunities in Social/Development Sector* Patron: Patron: Patron: Venue - DPA Hall Date & Time- 09/11/2023 @ 11:30 Guest Speaker: Saurabh Chauhan (Doublement Professional) Dr. Vaishali Saxena, Prof.N.L. Bharri, Prof. M. Priyadarshin, Decotor Heak Dep. Of Double III.A Counselling Guidance Cell Public Administration Hank Day of Tables Mill.	DPA hall department of public administration	SaurabhChauha n	View/Download
22/11/2023	Kar lo safalta mutthi me . PROGRESS TARRESTORY (Accredited A++ by NAAC) DEPARTMENT OF SOCIOLOGY COUNSELLING GUIDANCE CELL AND MAPPY THINKING LABORATORY Is conducting a Career Development and Personal Grooming activity **KARLO SAFALTA MUTHAN MEM BY DANKE JAGRAN The winness of the special short agentude but for job will gir job offer and intermibin in top companies. Development of Sections Prof. D.R. Sahu Prof. D.R. Sahu Prof. D.R. Sahu Prof. Prof. M. Pradhan, Technical Spart, HTL Dr. Valshall Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, University of Lucknow Sec. Est. 1020 The Sid Savena, Director CGC Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, Development Ral Fistoric Frat. Alok Kumar Ral Hondribe Vice Chancellor, Devel	Department of sociology	Danikjagran	View/Download
22/11/2023	Karlo safalta mutthi me. Contains विश्वविद्यालय Accordinal Ant by NAACO (Contains and Ant ant and Ant anta and Anta and Anta and Anta and Anta and Anta and Anta anta and Ant	Department of Hindi	Dainikjagran	View/Download

29/11/2023	Holistic Health And Wellbeing (For doctors and professionals) Participation fees: Participation fees: Discounting a workshop on HULSING HALL HAND WELLEINB Participation fees: Discounting a workshop on Holistic Hall Hand	Happy Thinking Lab	Dr VanditaSinha	View/Download
1/12/2023	Life is beautiful (pre convocation) Pre Convocation Pre Convocation Pre Convocation EVENT 2023 ENDIT NOV. 5TH DEC. Many Thinking Laboratory In BROOKERS AND COUNSELLING & Guiden Patron: Patron:	Happy Thinking Lab	Happy thinking lab Counselling &guidance cell	View/Download

2/12/2023	Enduring Students' Personality (pre convocation events) ONLINES REGULATION PRE Convocation Events 2022 Counselling & Guidance Cell Bhasha Sansthan Uttar Pradesh Shashan Enduring Students' Personality (Competition of Various Activities) Patron Venue Reporting Time. Prof. Alia & Marker Barrel Discrete Convocation Branch Co-ordinator Co-ordinator Co-ordinator Co-ordinator Co-ordinator	Happy Thinking Lab	BhashaSanstha n ,UP,Shasan	View/Download
2/12/2023	Bhasha Evam Vyaktitva par Karyashala. अविश्वात समार्गत 2023 काउंसलिंग एवं गाइउँस सेल भाषा संस्थान उत्तर प्रदेश शासन अविशित करत है "भाषा एवं व्यक्तित निर्माण पर कार्यशाला" संदर्भ निर्माण पर कार्यशाला गंदिक स्वात है स्वात मिर्माण पर कार्यशाला संदर्भ निर्माण पर कार्यशाला	Happy Thinking Lab	BhashaSanstha n ,UP,Shasan	View/Download
13/12/2023	Kar lo safalta mutthi me. TRAINING AND PLACEMENT CELL FACULTY OF ENGINEERING AND TECHNOLOGY "Kor Lo Sofolto Mutthi Mein" A CABER BEYLLOPHIST AND TERIONAL GROWING EASTON As Including by Daniel Japan SPEAKER MR. TAUGEE DECEMBER 13, 2023 TIME: 12-309M VENUE: ROMAN MALL SHOW VENUE: ROMAN MALL SHO	Faculty of Engineering and Technology ,University of Lucknow	MR. Tauqeer	View/Download

16/12/2023	Clash of opinions 2.0 SASINESS BREEDINGS CONTROLLAND AND GUIDANCE CELL PRESENTS Clash of Opinions 2.0 A Debate Competition DEMM COLLAND AND GUIDANCE CELL PRESENTS Clash of Opinions 2.0 A Debate Competition DEMM COLLAND AND GUIDANCE CELL PRESENTS COLLAND AND GUIDANCE CELL PRESENTS COLLAND AND GUIDANCE COLLAND AND	Seminar Hall (225N) (New building,FOET)	Dr.A K Singh	View/Download
21/12/2023	Classroom conduct and behaviour management UNIVERSITY OF LUCKNOW Laptered filacide to the fi	Department of Education ,university of Lucknow	Prof. Azizuddin Khan	View/Download
25/12/2023	Ideas for the vision Viksit Bharat @2047 Photo and poster competition Competition	Faculty of fine arts	-	View/Download

10/01/2024	Leveraging Technology to find Right Career **Construction** **Co	Happy Thinking Lab	Prakhar Shrivastav	View/Download
16/01/2024	Prakrati our Ham Prakrati our Ham Prakrati our Ham Prakriti aur Hum' Brijendra Pal Singh (Rashtriya Sangathan Mantri, Lok Bharti) Date: 16th January, 2924 at 12:39 pm Venue: Happy Thinking Laboratory, ONGE Building, University of Lucknow Patron: Prof. Alok Kumar Rai (Hon'ble Vice Chancellor, University of Lucknow) Convenors: Prof. Matrayi Priyadarshini, Director, HTL & Head, Department of English and MELL Dr. Vaishati Saxena, Director, CGC Prof. M. Pradhan, Technical Expart, HTL	Happy Thinking Lab	Brijendra Pal singh	View/Download
20/01/2024	Ram Katha: Shikhan,ShodhTathaji ven HAPPY THINKING LABORATORY AND THE DEPARTMENT OF ENGLISH AND MODERN EUROPEAN LANGLIAGES JULIVERSTY OF LUCKNOW IN ASSOCIATION WITH COUNSELING AND GUIDANCE CELL IS DIRGANIZING AN INTERPACE "RAM KATHA: SHIKSHAN, SHODH TATHA JEEVAN BY PROF, R. P. SINGH ACADEMICIAN AND AUTHOR DATE 39TH JANANAN, 2900 AT 1918 PM VENUE HAPPY THINKING LABORATORY, OUR BUILDING UNDUSSTY OF LUCKNOW PROF, ALOK KUMAR RAI VICE CHAMECLE, UNDUSSTY OF LUCKNOW COUNTY OF LUCKNOW DIRECTOR, HIL MAN HAD DEPARTMENT OF BUILDING DIRECTOR, HIL MAN HAD DEPARTMENT OF BUILDING DIRECTOR, HIL MAN HAD DEPARTMENT OF BUILDING OR VASHMALI SAXENA DIRECTOR, COC PROF, M. PRADMAR, TECHNICAL EXPERT HTL	Happy Thinking Lab	Prof. R.P. Singh	View/Download

24/02/2024	Ideation and storming for Effective Counselling LINVERSITY OF LUCKNOW Cassuling College College Third Landson (College College Colle	Happy Thinking Lab	-	View/Download
1/03/2024	Conclave on Career Choices Unveiled Navigating New horizons for Success CAREER CHOICES UNVEILED MAAGUITIES ON HORIZONS FOR SUCCESS CONVENTION CAREER CHOICES UNVEILED MAAGUITIES ON HORIZONS FOR SUCCESS CONVENTION CON	Malviya Sabhagar	Dr Abhishek Lakhtakiya Sri Abhishek Prakash	View/Download
10/03/2024	Well "M" a session on mental health and well being for hostelers of university of Lucknow COUNSELING AND GUDANCE CELL O' HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WELL 'M' SERVICES OF STREET HAPPY THINKING LABORATORY OGGANISES WE CAN STREET HAPPY THINKING LABORATORY OGG	Birbal Sahani Hall (Girls)	Prof. M. Priyadarshini Dr. Vaishali Saxena/ DSW	View/Download

10/03/2024	Well "M" a session on mental health and well being for hostelers of university of Lucknow COUNSELING AND GUIDANCE CELL OF HAPPY TRINKING LABORATORY ORGANISES WELL 'M' PRODUCT HEALTH OF WILLIAMS THE HARTILLES ST VIETLES TO WILLIAMS CHEF PARTICIA DESCRIPTION Ped dos kern M TO STORY OF THE TRINKING LABORATORY ORGANISES WELL 'M' CHEF PARTICIA DESCRIPTION DE	Aacharya Nagendra Dev Hostel (boys)	Prof. M. Priyadarshini Dr. Vaishali Saxena/ DSW	View/Download
12/03/2024	Well "M" a session on mental health and well being for hostellers of university of Lucknow COUNSELING AND GUIDANCE LET & HAPPY TRINKING LABORATORY ORGANISES WELL 'N' HERBORION WELLAND AND HELLENS DISTRICTOR (FOR STATUM LET AND MELLENS) DI	Ganga Hall And Lavanya hall girls hostels	Dr. Kavita Upadhyay/DSW	View/Download

18/03/2024	Well "M" a session on mental health and well being for hostellers of university of Lucknow COUNSELING AND GUIDANCE CELL PRAFFY TENNING LABORATORY ORGANISES WELL 'M' BRIDGING OF PROFICE SHALTS HO PRILITING THE SHALT HE SHALT	Tilak hall girls hostel	Dr. Shivani Mishra/DSW	View/Download
19/03/2024	Well "M" a session on mental health and well being for hostellers of university of Lucknow COUNSELING AND GUIDANCE CELL O' HAPPY TRINKEND LANDRATORY ORGANISES WELL 'M' PRINCE OF THE	Nivedita Hall girls hostel	Dr. Shivani Mishra/DSW	View/Download
20/03/2024	Well "M" a session on mental health and well being for hostellers of university of Lucknow COUNSELING AND GUIDANCE CELL & PHAPPY TRINKING LABORATORY COUNSELING AND GUIDANCE CELL & PHAPPY TRINKING AND GUIDANCE CELL & PHAPPY TR	Subhas Hall boys hostel	Dr. Shivani Mishra/DSW	View/Download

10/04/202	Well "M" a session on mental health and well being for hostellers of university of Lucknow COUNSELING AND GUIDANCE CELL OF HAPPY THINKING LABORATORY ORGANISES WELL 'M' HANGE SERVICE OF HAPPY THINKING LABORATORY ORGANISES WE HAVE SERVICE OF HAPPY THINKING LABORATORY ORGANISES WE HAVE SERVICE OF HAPPY THINKING LABORATORY ORGANISES WE HAPPY THINKING THE HAPPY THINKING LABORATORY ORGANISES WE HAPPY THINKING THE HAPPY THE HAPPY THINKING THE HAPPY THE HAPPY THINKING THE HAPPY	R S Bisht hall University of Lucknow	Dr. Shivani Mishra/DSW	View/Download
22/04/202	Competition on Transforming Trash Into Treasure University of Lucknow Counseling and Guidance Cell and Happy Thinking Laboratory organize a competition on "Transforming Trash Into Treasure" Prof. Alok Kumar Rai Hon'live Vice Chancellor, University of Lucknow Date 22 April 2004 Time - 2.00 PM Venue ONGC Building. University of Lucknow. Lucknow Contest Dr. Vaishall Sasen, Dorector, Counseling and Guidance Cell Prof. M. Priyadarshin, Director, Inapy Thinking Laboratory Register through QR. 1 Submit your creation by 20 April 2034 Finitivated and group participation collowed, self prop. Centering not more filed a members. 2 Price will be given to memer and all of the participate will get participation configurate. 3 Laborator diplaty of all the creations will be done at Magay Thinking Laboratory.	Happy thinking Lab		View/Download
22/04/202	Vasudha Swachhata aur Hum ***Committee of Modern Committee of Mod	Happy thinking Lab		View/Download

26/04/2024	Seminar on Earth Summit &climate change Conventions RESEARCHERS' GUILD OF GOVERNANCE In regard France Conventions Forth Summit & Climate Change Conventions April A 1314 (Procedure of PARA Administration of Parameters of Par	V.K.N. Menon Auditorium (DPA Hall)		View/Download
1/05/2024	Well "M" a session on mental health and well being for hostellers of university of Lucknow COUNSELLING AND GUIDANCE OF RAMPY THENKING LANDRATORY ORIGINALS WELL 'M' HIGH PROPERTY HEALTH HE HEALTH HE	Kailash girls hostel	Dr. Kavita Upadhyay/DSW	View/Download